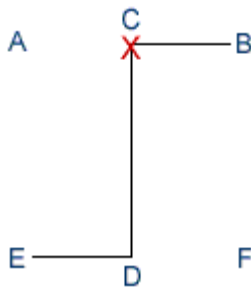


VELLA-TAEKWONDO 7th KUP

YELLOW BELT / GREEN TAG STUDY SHEET

7th Kup Pattern: DO-SAN, 24 movements.

Do-San is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.



Stance

Walking stance
L-Stance stance
Sitting stance

Sogi

Gunnun sogi
Nuinja sogi
Annun sogi

Blocks

High outer forearm wedging block
High outer forearm side block
Outer forearm rising block
Middle knife hand guarding block

Makgi

Napunde bakat palmok hechyo makgi
Napunde bakat palmock yop makgi
Bakat palmok chookyo makgi
Kaunde sonkal daebi makgi

Punches

Middle punch

Jirugi

Kaunde Jirugi

Strike

Middle knife hand side strike
High back fist side strike

Taerigi

Kaunde sonkal yop taerigi
Napunde dung joomuk yop taerigi

Thrust

Middle straight finger tip thrust

Tulgi

Kaunde sun sonkut tulgi

Kick

Low front snap kick

Chagi

Najunde ap cha busigi

2 Step sparring

Ibo Matsoki

Starting positions, attacker takes 'L' Stance forearm guarding block, defender stays in parallel ready stance

Breaking Techniques

Left / right side piercing kick:
(using bakkal)

Wen / orun yop cha jirugi

Left / right turning kick:

Wen/orun dollyo chagi

General Information:

Green belt signifies the plant's growth as the Taekwon-Do skills begin to develop.

- Fast Motion (Barun Dong Jak) is when two or more moves are performed with a shorter time frame between the moves, each using it's own breath (As in front kick, obverse & reverse punch).
- Continuous movement (Yonsok Dong Jak) means performing two or more moves without stopping, with each move having it's own breath as in Dan Gun moves 13 & 14.