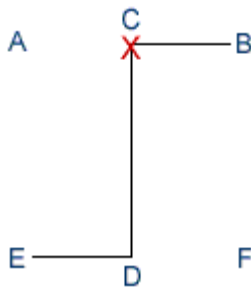


# VELLA-TAEKWONDO 7<sup>th</sup> KUP

## 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.