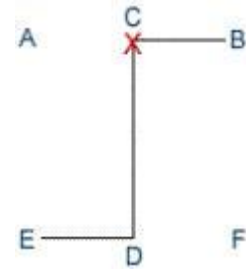


GRADING INFORMATION FOR 7TH KUP GREEN TAG

PRACTICAL

PATTERN DO SAN 24 MOVES
3 STEP SPARRING
BASIC HAND TECHNIQUES
TURNING KICK GAURDING BLOCK
SIDE KICK GAURDING BLOCK
WEDGING BLOC
STRAIGHT FINGER TIP THRUST



THEROY

GREEN BELT -SIGNIFIES THE PLANTS GROWTH AS THE TAE KWON-DO SKILLS
BEGIN TO DEVELOP
DO-SAN - IS THE PSEUDONYM OF THE PATRIOT AHN CHANG HO <1876-1938>
WHO DEVOTED HIS ENTIRE LIFE TO FURTHERTING THE EDUCATION OF
KOREA AND ITS INDEPENDENT MOVEMENT.

STANCES IN DO SAN

PARRALEL READY STANCE	NARANI JUNBI SOGI
WALKING STANCE	GUNNAN SOGI
L STANCE	NUINJA SOGI
SITTING STANCE	ANNUN SOGI

BLOCKS IN DO SAN

HIGH OUTER FORARM BLOCK	NOPUNDE BAKAT PALMOK MAKGI
MIDDLE KNIFE HAND GAURDING BLOCK	KAUNDE SONKAL DAEBI MAKGI
HIGH RISING BLOCK	NOPUNDE CHOOKYO MAKGI
WEDGING BLOCK	HECHYO MAKGI

ATTACKS IN DO SAN

MIDDLE REVERSE PUNCH	KAUNDE BANDAE JOOMUK JURIGI
MIDDLE STRAIGHT FINGER TIP THRUST	KAUNDE SON SUNKUP TULGI
HIGH BACKFIST STRIKE	NOPUNDE DUNG JOOMUK TAERIGI
MIDDLE FRONT SNAP KICK	KAUNDE AP CHA BUSIGI
MIDDLE OBVERSE PUNCH	KAUNDE BARO JURIGI
MIDDLE KNIFE HAND STRIKE	KAUNDE SONKAL TAERIGI

OTHER ENGLISH/KOREAN WORDS

SIDE KICK	YOP CHAGI
TURNING KICK	DOLLYO CHAGI
BALL OF FOOT	APKUMCHI
FOOTSWORD	BALKAL
RELEASE MOVE	JAPPYOSOL TAE