

7TH KUP GRADING REQUIREMENTS

Physical Performance:	
Pattern	Do-San Tul Dan Gun Tul Chon-Ji Tul
Destruction	Side Piercing Kick. Turning Kick. <i>Measuring Up Only.</i>
Sparring	Three-step Sparring, Three-Step Semi Free Sparring Three step sparring: Sambo Matsogi (step back to position in the direction you came from) As per 8 th Kup syllabus.
	Three Step Semi Free Sparring: Sambo Banjayu Matsogi Format: Attacker Move the right leg back into a right L stance using a middle section outer forearm guarding block. Shout and await reply before advancing 3 times (changing kicking leg with each advance) utilising all kicks learnt to date. Finish by returning to a parallel ready stance facing the defender. Defender Move the left leg into a parallel ready stance. Reply to the attackers kihup before moving backwards 3 times utilising all blocks learnt to date in relevant L/Walking stances. After blocking the 3 attacks, counter attack using a combination of hand/foot techniques finishing in a relevant L Stance forearm guarding block position. On completion of the counter attack return to a parallel ready stance facing the attacker. Attacker & Defender to alternate roles. NOTE: A Shout (Kihup) <u>MUST</u> coincide with the delivery of all counter attacking movements by the defender.

Theory:	
1	Meaning of colour green: Signifies the plants growth as Tae Kwon-Do skill begins to develop.
2	Do-San has 24 movements. It is the pseudonym (penname) of the patriot Ahn Chang Ho (1876 – 1938) who devoted his entire life to furthering the education of Korea and its Independent movement.
3	Ready position for Do-San: Narani Junbi Sogi.
4	New Blocking Movements: Middle section outer forearm side block: Kaunde Bakat Palmok Yop Makgi. High section outer forearm wedging block: Nopunde Bakat Palmok Hechyo Makgi Forearm Guarding Block Palmok Daebi Makgi

Theory: (Continued)

5	<p>New Thrusting movement: Straight fingertip thrust: Sun Sonkut Tulgi <i>A thrust focuses an attack against a very small target or vital spot - maximum power to smallest area.</i></p>
6	<p>Terminology for: Side piercing kick: Yop Cha Jirugi. (Using foot sword – Bakal) Turning Kick: Dollyo Chagi. (Using the ball of the foot – Apkumchi) Back piercing kick Dwit Cha Jirugi. (Using foot sword – Bakal) Release Movement Baegi Centre Line Turn Gojaro Dulgi</p>
7	<p>Must be able to describe and demonstrate all movements in Do-San. e.g. 1st movement: Wen Gunnun So, Nopunde Bakat palmok Yop Makgi. 6th movement: Orun Gunnun So, Sun-Sonkut Tulgi. 8th movement: Orun Gunnun So, Nopunde Dung Joomok Yop Taerigi.</p>