**GRADING INFORMATION 7th Kup Green Belt**

Student will need to start getting together a sparring kit and gum shield for future grading and personal use in class. Please see me for details.

**Practical:**

Side Kick Forearm Guarding Block

Turning Kick Knife-hand Guarding Block

Walking Stance Wedging Block

Walking Stance Straight Fingertip Thrust

Walking Stance Back fist Side Strike

3 Step Sparring (5 6 7)

Pattern. Do San

**Theory required**

Questions from the theory below and also any previous grading theory will be asked by the Black Belts on the night as usual.

**Interpretation of Do San:**

Do San, 24 movement pattern - is the pseudonym of the patriot Ann Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and it's independence movement.  Korean

**Meaning of Green belt:**

Green belt signifies the plants growth as Taekwondo skills begin to develop.

**Korean Terminology required:**

Outer forearm wedging block Bakat palmok hechyo makgi

High outer forearm block Nopunde bakat palmok makgi

Inward knife-hand strike Anuro sonkal taerigi

Back fist side strike Dung joomuk yop taerigi

Straight fingertip thrust Sun sonkut tulgi

Front snap kick Apcha busigi

Back kick Dwit chagi

Wrist release Jappyosol tae

Foot sword Balkal

Ball of the foot Ap kumchi

Instep Baldung

Head Mori

Left Wen

Right Orun