


REQUIREMENTS FOR 6TH KUP GRADING



Green Belt



Tip work for juniors is as follows:

Note: Adults can use this as a guide towards preparation for their grading.

 Walking stance high block middle punch, Name of new pattern? – Do San

  How many moves in Do San - 24

   Wedging Block, 3 step sparring.

    Side kick breaking, Half of Do San.

     Sparring and pattern Do San

The grading will be as follows:

1. Presentation and etiquette
2. L Stance twin forearm block
3. Walking stance low block rising block
4. L stance knife hand strike
5. Side kick on a pad
6. Chon Ji, Dan Gun and Do San
7. 3 step sparring
8. Pad routine No 1, No 2 and No 3
 - Guarding stance – Jab, Cross, Jab – Left Right Left
 - Guarding stance – Cross, Hook, Cross – Right Left Right
 - Guarding stance – Hook, Cross, Hook, Cross – Left Right Left Right
 - Breaking side kick
9. Questions

The following questions will need to be learned before progressing.

- ❖ How many moves are in Do San? 24
- ❖ What is the Meaning of Do San?
 - Do San is pseudonym (nick name) of An Chang Ho, The 24 movement represent his entire life, which he devoted to furthering the education of Korea and its independence movement.
- What does the green belt signify?
 - *The Green Belt signifies the plant's growth as the Taekwon-Do skill begins to develop.*
- ❖ Name the following in Korean?
 - Front Snap Kick – *Ap Cha Busigi (Busigi meaning snap)*
 - Side Kick – *Yop Chagi*
 - Knifehand Side Strike – *Sonkal Yop Taerigi*
 - Straight Fingertip Thrust - *Sun Sonkut Tulgi*
 - High section outer forearm wedging block - *Nopunde Bakat Palmok Hechyo Makgi*

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- Parts of the Hand and Foot
 - Forefist – *Ap Joomuk*
 - Knifehand – *Sonkal*
 - Forefist – *Sonkut*
 - Backfist – *Dung Joomuk*
 - Footsword – *Balkal*
 - Ball of the Foot – *Apkunchi*