

7th Kup (Green Tag) Theory Work

GENERAL TERMS

Kick
Thrust
Straight
Online Turn

PARTS OF THE BODY

Fingertips
Footsword
Ball of Foot

DEFENSIVE MOVES

High Outer Forearm Block
Release Move
Wedging Block

OFFENSIVE MOVES

Straight Fingertip Thrust
Back Fist Strike
Side Kick
Turning Kick

PATTERN

24 Movements

SPARRING

THREE STEP SPARRING
SEQUENCES 5 & 6

GENERAL TERMS

CHAGI
TULGI
SON
GUJARI DOLGI

PARTS OF THE BODY

SONKUT
BALKAL
AP KUMCHI

DEFENSIVE MOVES

NOPUNDE BAKAT PALMOK MAKGI
JAPPYOLSOL TAE
HECHYO MAKGI

OFFENSIVE MOVES

SON SONKUT TULGI
DUNG JOOMUK TAERIGI
YOP CHAGI
DOLLYO CHAGI

PATTERN

DO-SAN

SPARRING

SAMBO MATSOKI

7th Kup (Green Tag) Theory Work Cont.d

Explain wedging block?

Wedging block is used as a defence against a grasp to the neck, shoulders or head or as a defence against a twin vertical punch to the head. The arms drive upwards in a wedging motion between the attacker's arms and then pull down and out to shoulder width forcing the attacker to release their grip. The arms remain at shoulder width during the performance of a counter to afford the defender a level of defence and have the arms in position to do a follow up counter quickly.

Why 24 patterns?

The reason for 24 patterns is because, the founder Major General Choi Hong Hi compared the life of man with a day in the life of the earth. He believed that people should strive to bequeath a good spiritual legacy to coming generations and in so doing gain immortality. Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives. As the founder said: 'Here I leave Taekwon-Do for mankind, as a trace of a man of the late 20th century.

Meaning of green belt?

Green signifies the plants growth as Taekwon-Do skills begin to develop

Name three different kicks?

Ap Cha Busigi – Front Snap Kick
Yop Chagi – Side Kick
Dollyo Chagi – Turning Kick

Meaning of Do-San?

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life furthering the education of Korea and its Independence movement.