

# 7<sup>th</sup> Kup - Grading to Green Belt

## Line Work:

- *Walking stance fingertip thrust (Forwards or Backwards)*
- *Walking stance, high outer forearm block with reverse punch (Forwards or Backwards)*
- *Wedging Block in walking stance, rear leg front kick (knee spring) into double punch (forwards only)*

## Pad Work 4: (see full technique explanation - Page 27)

- Double turning kick (on paddle pads) with front leg
- Back fist > Reverse punch (on focus mitts)
- Combination: Jab, cross > turning kick (on focus mitts)

## Pattern:

- *Do-San*

## Sparring:

- *Free Sparring*

## Pre-arranged Sparring: 3-step No.4 (see full technique explanation - Page 34)

- **Attack:** *Hooking punch (Haymaker)*
- **Defence:** *Outer forearm block*

## Self Defence No 4: (see full technique explanation - Page 31)

- **Attack:** *Hooking Punch (haymaker)*
- **Defence:** *Stepping forward (angled) into walking stance wedging block followed by an appropriate counter-attack (e.g. knee to groin).*

## Breaking (Power Test):

- *Turning Kick*

**Theory:** You will be asked a range of questions from those listed below. Young children may learn just key words.

### **History/Culture:**

- What is the Meaning of Do-San? *Do-San is the pseudonym (nick name) of Ahn-Chang Ho. The 24 moves represent his life, which he devoted to furthering the education of Korea and its independence movement.*
- What does colour green signify? *Green signifies the plants growth as Taekwondo skills begin to develop*

### **Korean Terminology**

- Straight Fingertip Thrust: *Sun Sonkut Tulgi*
- Wedging Block: *Hetcho Maki*
- Back Fist Strike: *Dung Joomuk Jirugi*
- Turning Kick: *Dollyo Chagi*

### **Technical Knowledge:**

- What is Normal Motion? *Motion with 1 technique, 1 sine wave, and 1 breath; Techniques are executed one at a time, with a single breath at the end of each movement.*
- What are the uses for a wedging block? *It can be used as a powerful stopping technique for a hooking (haymaker) punch to stop the technique at source (i.e., the Shoulder) whilst providing cover to avoid fist striking; it could possibly be used to prevent an attacker from grabbing or holding you.*
- Name the 6 components of power: *Mass, Speed, Equilibrium (Balance), Breath Control, Reaction Force, Concentration of Force.*