

Applicable to Green Stripes
In Addition to ALL Theory from previous belt levels



Defensive Techniques

Outer Forearm High Block : Bakat Palmok Nopunde Makgi
Wedging Block : Hechyo Makgi

Offensive Techniques

Straight Fingertip Thrust : Sun Sonkut Tulgi
Backfist High Side Strike : Dung Joomuk Nopunde Yop Taerigi
Turning Kick : Dollyo Chagi
Front Snap Kick : Ap Cha Busigi
Side Piercing Kick : Yopcha Jirugi

Miscellaneous:

Ban Jayoo Matsogi : Semi Free Sparring
Footsword : Balkal
Instep : Baldung
Jayoo Matsogi : Free Sparring

Interpretation of Do San (24 movements):

Do San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and its independent movement.

Pattern Do-San:

The following points should be remembered:

1. Walking Stance Outer Forearm High Side Block (Gunnun So Bakat Palmok Nopunde Yop Makgi): The fist reaches the eye level of the defender.
2. Walking Stance Backfist High Side Strike (Gunnun So Dung Joomuk Nopunde Yop Taerigi): The forefist reaches the eye level of the defender. The body becomes half-facing the opponent.
3. Walking Stance Outer Forearm High Wedging Block (Gunnun So Bakat Palmok Nopunde Hechyo Makgi): The distance between the fists is equal to one shoulder width. The fists reach the level of the eyes of the defender.
4. Middle Front Snap Kick (Kaunde Apha Busigi): The ball of the foot is the attacking tool. The attacking tool reaches the solar plexus of the attacker.

Meaning of Green Belt:

Green signifies the plant's growth as the Taekwon-do skill begins to develop.

Breaking Requirements (Over 17's only):

Front Snap Kick