

Llangollen Tae Kwon-Do

7th Kup Grading Revision Sheet

Practical

1. (Fwd & Back) Walking Stance, Back Fist Side Strike x 4
2. (Fwd) Turning Kick, KnifeHand Guarding Block, x 4
3. (Back) Walking Stance Wedging Block x 4
4. (Fwd) Side Kick, Forearm Guarding Block x 4, Step Turn and repeat
5. (Fwd & Back) Walking Stance Straight Fingertip Thrust x 4
6. Dan Gun
7. Do - San
8. 3 Step Sparring 5 – 7

THREE STEP SPARRING (SAMBO MATSOKI)

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

5. Right leg back 'L' stance, middle outer forearm block to the inside two times.
Counter attack = Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch simultaneously.
6. Right leg back 'L' stance, middle knifehand block to the inside two times.
Counter attack = Move to the right, form a sitting stance parallel to opponent, execute left outer knifehand guard and a high inward knifehand strike to the neck.
7. Right leg back 'L' stance, middle outer forearm block to the inside two times.
Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block, execute a right front kick landing in a right walking stance double punch.

Theory

Meaning Of Green Belt

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop

Korean Terms

Fingertips	Sonkut
Fixed stance	Gojong sogi
Free sparring	Jayoo matsoki
Outer Forearm Block	Bakat Palmok Makgi
Straight	Sun
Straight Fingertip Thrust	Sun Sonkut Tulgi
Thrust	Tulgi
Turning Kick	Dollyo Chagi
Wedging Block	Hechyo Makgi
Wrist Release	Jappyosol Tae

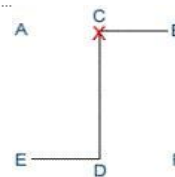
Llangollen Tae Kwon-Do

Do-San

Number of Movements: 24

Meaning of Do-San:

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938), who devoted his life to furthering the education of Korea and its independence movement



Starting Position: Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand

END: Bring the right foot back to a ready posture.