

Yellow Belt Green Stripe

LINE WORK FOR 7TH KUPS

RIGHT LEG BACK AND GUARD – JAB AND REVERSE PUNCH ON THE SPOT WITH KIAP (4 TIMES), SWITCH LEGS AND REPEAT

FRONT KICK ON THE SPOT WITH KIAP (4 TIMES), SWITCH LEGS AND REPEAT

BWD – WALKING STANCE BACK FIST SIDE STRIKE

FWD – TURNING KICK LANDING IN L-STANCE WITH KNIFE HAND GUARDING BLOCK

BWD – WALKING STANCE WEDGING BLOCK

FWD – SIDE KICK LANDING IN L-STANCE WITH GUARDING BLOCK

BWD – WALKING STANCE STRAIGHT SPEAR FINGER-TIP THRUST

PATTERN DAN-GUN

PATTERN DO-SAN

3 STEP SPARING No 5-7, JUNIORS No 3-4

TECHNICAL FREE SPARING NO SAFETY EQUIPMENT

THEORY

TYPICAL THEORY FOR 7TH KUPS

Theory for your 7th Kup grading typically consists of 3 or more questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern and how many movements does it have?

DO SAN

24 moves

Do San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938), who devoted his entire life to furthering the education of the Korean people and promoting its independence movement.

Ahn Chang-Ho became a prominent member of the Independence Club, an organisation established by reformists fired by feelings of nationalism & a desire for social change. In 1899 he founded a school in his hometown of Kangso, before leaving for America. There he rallied Korean ex-patriots before returning to his homeland & taking part in the forming of the secret nationalist society, Sinminhoe, in 1907, with the purpose of promoting the patriotic education of the people.

Once again he left Korea travelling in Russia, China, Europe & America to again rally overseas Koreans.

After the 1st March independence demonstrations of 1919 he joined the Government-in-Exile in Shanghai, but soon left due to the political squabbling of it's leaders. In 1926 he was arrested by the Japanese, when caught with Manchurian freedom fighters. He was released early due to ill health but was again arrested in 1937, he died a year later.

What is the Korean for wedging block, and what is its purpose?

Wedging Block- **Hechyo Makgi**

What is the Korean for the release movement in your pattern, and what is its purpose?

Release- **Jappyosol Tae**

What is the Korean straight spear fingertip thrust?

Straight Spear Fingertip Thrust- **Son Sonkut Tulgi**

What is the pupose of practising technical free sparing?

What is the pupose of making a 'kiap'?

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.

JUNIOR THEORY QUESTIONS

For the juniors, depending on age and ability, we tend to make the theory questions much easier.

THE MOST COMMON JUNIOR QUESTIONS ARE:-

What is the meaning of your pattern and how many movements does it have?

Show me what a wedging block looks like and explain what is it for

Where are you focusing the finger-tip thrust from Do-San?

What is the Korean for turning kick?

Turning Kick- **Dollyo Chagi**