

School of Tae Kwon Do

TERMINOLOGY FOR YELLOW BELT (7TH) KUP MEMBERS

Required pattern
Number of Movements
Ready Position
Diagram

DO SAN
24
NARANI CHUNBI SOGI
I

Meaning of Pattern

DO SAN is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and it's independent movement.

New Movements in Pattern

Stances

Walking stance
 L stance
 Sitting stance

Sogi

Gunnun sogi
 Niunja sogi
 Annun sogi

Blocks

High outer forearm block
 Middle knifehand guarding block
 Middle wedging block
 Rising outer forearm block

Makgi

Nopunde bakat palmok makgi
 Kaunde sonkal daebi makgi
 Kaunde hechyo makgi
 Bakat palmok chookyo makgi

Punches

Middle forefist punch

Jirugi

Kaunde ap joomuk jirugi

Strikes

High backfist side strike
 Middle knifehand strike

Taerigi

Nopunde dung joomuk yop taerigi
 Kaunde song sonkup tulgi

Thrusts

Middle fingertip thrust

Tulgi

Kaunde ap cha busigi

Kicks

Middle front snap kick

Chagi

Kaunde ap cha busigi

Release from grab

Jappyosul Tae

End: Bring left foot back to ready stance

Significance of Yellow Belt

Yellow signifies the earth, from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

Significance of Green Belt

Green signifies the plant's growth as TKD skills begin to develop.

Basic Kicks

Side piercing kick
 Turning kick

Chagi

Yop cha jirugi
 Dollyo chagi

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Additional Information

An Makgi	Any block exposing the inside of the opponents body.
Annuro makgi	Any block travelling towards the centre of your own body.
An Palmok makgi	This is a particular block EG. Middle inner forearm block.
Bakat makgi	Any block exposing the outside of the opponents body.
Bakuro makgi	Any block travelling away from the centre of your own body.
Bakat palmok makgi	This is a particular block EG. Middle outer forearm block.

Questions

1. Where would you find a TKD newsletter?
2. What does U.K.T.A. mean?
3. What does I.T.F. mean?
4. What is the Korean terminology for 3 step sparring?
5. What is the Korean terminology for 3 step semi free sparring?

Answers

- On the TKD school notice board.
- United Kingdom Taekwondo Association
- International Taekwondo Federation
- Sambo matsoki
- Sambo jayoo matsoki

6. Name all the kicks you know including foot part used?

Kicks

Ap cha olloigi
Yop cha olloigi
Ap cha busigi
Yop cha jirugi
Dollyo chagi

Footparts

Ap kumchi
Balkal
Ap kumchi
Balkal
Ap kumchi

7. Name 2 middle blocks and describe the difference?

An palmok akgi: Block starts from the inside of the body using inner forearm and travels outward (blocking arm is the arm which is furthest away from the body in the start position).

Bakat palmok makgi: Block starts from the inside of the body using Outer forearm and travels outward (blocking arm is the arm which is nearest the body in the start position).

- | | |
|----------------|---|
| 8. An makgi - | Any block exposing the inside of an opponents body for attack. |
| Bakat makgi - | Any block exposing the outside of an opponents body for attack. |
| Anuro makgi - | Any block travelling inward with respect to your own body. |
| Bakuro makgi - | Any block travelling outward with respect to your own body. |

9. Name all the hand parts you know?

Ap joomuk
Dung joomuk
Sonkal
Sonkup
Palkup

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Grading Syllabus

NB: Revise all previous grading sheets.

1. Perform pattern Do San.
2. Three step sparring and three step semi free sparring.
3. Power test: Breaking 1 board using side piercing kick and turning kick.
4. Questions: NB: Answer questions using Korean terminology.

EG. What is the first and last move in your pattern?
Name and perform the stances you know?
Name and perform the blocks you know?
What is the meaning of your pattern?
What does the colour of your belt mean?
What is the Tae Kwon Do oath?
What does the green belt signify?
What is palkup?