

Grading Syllabus

Green Stripe to Green Belt

- 1** Presentation And Etiquette
- 2** Walking Stance Finger Tip thrust forwards and backwards
- 3** Wedging Block (on spot), Front Kick "Spring" Double Punch forwards only.
- 4** Walking Stance High Outer Forearm Block Reverse Punch forwards and backwards
- 5** Do-San
- 6** On pads - Double Turning Kick
- 7** On pads - Back Fist Reverse Punch. in a sparring stance bouncing
- 8** Free Sparring
- 9** Power test - Turning Kick
- 10** Questions

1. What is twin forearm block in Korean? - Sang Palmok Magki

2. What is the meaning of Do-San? - Do San is the pseudonym (nick name) of An Chang Ho, the 24 movements represent his life which he devoted to furthering the education of Korea and its independence movement

3. How many moves in Pattern Do-San? - 24

4. What does the green belt signify? - The plant's growth as the Taekwon-Do skills begin to develop.

5. Name 2 kicks in Korean? - Ap Chagi (front kick), Yop Chagi (side kick), Dolyio Chagi (turning kick)

6. What is Hetcho Magki used for? - To prevent an attacker from grabbing or holding you.