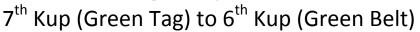




Grading Requirements





Theory

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid.

Green represents the plant's growth as the training in Tae Kwon-do progresses.

Do San (24 movements) was the pseudonym of the patriot An Chang Ho (1876 -1938) who devoted his life to furthering the education of Korea and its independence movement.

Release move Japyosul tae Side Yop Side kick Yop chagi Backfist side strike 3-step sparring Sambo matsoki Dung joomuk yop taerigi

Fingertips Sonkut Outward moving Bakuro maki **Thrust** Tulgi

Straight fingertip thrust Son sonkut tulgi

> Turning kick Dollyo chagi

outer-forearm block

Waist block Hori maki

Practice

Line work - combinations

Stepping forwards - turning kick, knife-hand guarding block Stepping backwards - walking stance, backfist side-strike Stepping forwards - side kick, forearm guarding block Stepping backwards – walking stance, outer forearm block

> 3-step sparring (5-7) Do San