

BRIDGNORTH TAE KWON-DO



Required Theory: 7th Kup: Green Stripe to Green Belt

(Korean terms are in brackets and italics).

Significance of Colours on Belts

GREEN signifies the growth of the plant as Tae Kwon-Do skills begin to develop.

Movements

- Walking stance: *(Gunnun sogi)*
- L-stance: *(Niunja sogi)*
- Sitting stance: *(Annun sogi)*
- High outer forearm block: *(Napunde bakat palmok makgi)*
- Knife hand guarding block: *(Sonkal daebi makgi)*
- High section wedging block: *(Napunde hechyo makgi)*
- Rising block: *(Chookyo makgi)*
- Middle fore-fist punch: *(kaunde ap joomuk jirugi)*
- High back fist strike: *(Nopunde dung joomuk taerigi)*
- Middle knife hand strike: *(Kaunde sonkal taerigi)*
- Straight fingertip thrust: *(Sun sonkut tulgi)*
- Release from grab: *(Jappyosul tae)*
- Middle front snap kick: *(Kaunde ap cha busigi)*
- Three step sparring: *(Sambo matsoki)*
- Semi-free sparring: *(Ban-jayoo matsoki)*

Pattern Meaning

Do San is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938), who devoted his life to furthering the education of Korea and its independence movement.

**** The GTI Handbook contains more detailed theory information and is available to purchase.*

The examiner may ask any question, not limited to those on this sheet.

*You must ALWAYS revise theory from previous belts.****