

Promotion to Green Stripe – 7th Kup

- **Warm Up**
 - Sprint on the spot
 - 25 press ups
 - 25 sit ups
 - 25 jumping jacks
 - Sitting stance - single punch
 - Sitting stance - double punch
 - Sitting stance - triple punch
- **Traditional Line Work**
 - L-stance – knife hand guarding block
 - L-stance – twin forearm block
 - Walking stance – low block, rising block, reverse punch
 - Walking stance – high section outer forearm block, reverse punch
 - Walking stance – wedging block, front kick (back leg), obverse, reverse punch
 - Sitting stance – knife hand strike
- **Patterns**
 - Up to and including Dan-Gun
- **Freestyle Line Work**
 - Backfist - reverse punch
 - Lead leg front kick to turning kick combination
 - Double punch - Lead leg side kick
 - Jump front kick (Back leg)
- **Set Sparring**
 - Three step semi-free sparring (Side kicks only)
 - Three step sparring (1-3)
- **Self Defence**
 - Single wrist grab (same side)
- **Pad Drills**
 - Pad drills 1 & 2 (right & left side)
- **Bag Work**
 - Side kicks (back leg)
- **Theory**
 - All theory to be learnt on the reverse of this document

PROMOTION TO GREEN STRIPE

1. What is the meaning of green belt?

Please see below.

2. How many movements are there in pattern Dan Gun and what is its meaning?

Please see below.

MEANING OF BELT COLOURS

GREEN: Signifies the plant's growth as Tae Kwon Do skills begin to develop.

Dan-Gun Tul (21 movements)

Dan-Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

To be learnt when you are a yellow belt, 8th Kup.

