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# Murrays Taekwondo

7<sup>th</sup> Kup to 6<sup>th</sup> Kup Grading Revision Sheet: Green Stripe promotion to Green Belt

## The Grading...

- Fitness test
- Line work & drills
- Do-San
- Another pattern examiners choice
- Self Defence
- Free Sparring
- Theory

## Theory

### Interpretation to Do-San:

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

How many moves in Dan-gun, Chon-ji, Do-san?

What does the colour Green signify?

Questions on self-defence and awareness.

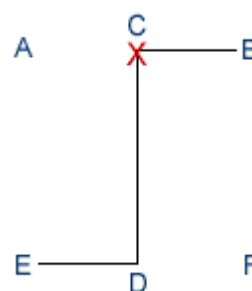
Questions on kicks, blocks, guards, strikes, posture, balance & power

# Do-San

**Number of Movements:** 24

**Meaning of Do-San:**

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.



**Starting Position:** Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand

**END:** Bring the right foot back to a ready posture.