

7th Kup Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

Practical:

Pattern – Do San

Walking Stance - Back Fist Side Strike

Turning Kick land Knife Hand Guarding Block

Walking Stance – Wedging Block

Side Kick land Guarding Block

Walking Stance - Straight Spear Finger Tip Thrust

3 Step Sparring – Numbers 5, 6 & 7

THREE STEP SPARRING (SAMBO MATSOKI)

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

5. Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch simultaneously.

6. Right leg back 'L' stance, middle knifehand block to the inside two times.

Counter attack = Move to the right, form a sitting stance parallel to opponent, execute left outer knifehand guard and a high inward knifehand strike to the neck.

7. Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block, execute a right front kick landing in a right walking stance double punch.

Theory:

Meaning Of Green Belt

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop

Korean	
Fingertips	Sonkut
Fixed stance	Gojong sogi
Free sparring	Jayoo matsoki
Straight	Sun
Straight Fingertip Thrust	Sun Sonkut Tulgi
Thrust	Tulgi
Turning Kick	Dollyo Chagi
Wedging Block	Hechyo Makgi
Wrist Release	Jappyosol Tae

