

Green Stripe - 7th Kup

Pattern: Do San (tul means pattern)

No of Movements: 24 **No of Stances:** 4

Meaning of Do San

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

The meaning of Green:

Green signifies the plants growth as Tae Kwon-Do skills begin to develop.

Parts of the body

Finger Songarak

Fingers Sonkut

Footsword Balkal

Korean Terms

Straight Sun

Thrust Tulgi

Pattern Do San

WS = walking stance

RH = right hand

RL = right leg

LS = L stance

LH = left hand

LL = left leg

The pattern moves

- Junbi
- WS to the left, high section outward block LH,
- punch RH, move LL into sitting stance
- RL to the right, walking stance, high section outward block RH,
- punch LH
- LL to LS to the front, knife hand guarding block.
- Walk forwards straight fingertip thrust over RL, release LL to RL
- Turn backwards 360 degrees, back fist LH, WS
- Walk forward, back fist RH, WS
- LL to RL turn backwards, WS to the left, high section outward block LH,
- punch RH, LL to sitting stance
- WS to the right, high section outward block RH,
- punch LH
- LL in to RL, LL out 45 degree WS, wedging block front snap kick,
- Obverse punch,
- Reverse punch
- RL in to LL, RL out 45 degree WS, wedging block front snap kick,
- Obverse punch,
- Reverse punch
- Walking stance to the back, rising block LH
- Walk forwards rising block RH
- LL to RL turn backwards, sitting stance to the left, knife hand strike LH
- LL to RL, then RL to sitting stance, knife hand strike RH

Sparring terms

3 Step Sparring ~ Sambo Matsoki

All attacks are: *right leg back, low block, walk forwards and punch 3 times.*

Ready to Attack - Kihap

The Defence for:

5. Right leg back

L stance

Middle outer forearm block x 2

Move the right foot into sitting stance and execute a left outer forearm block and a right punch to the jaw ~ Kihap

6. Right leg back

L stance

Middle outward knife hand block x 2

Move the right foot into sitting stance and execute a left outward knife hand block block and a right inward knife hand strike to the neck ~ Kihap

7. Right leg back

L stance

Middle outward forearm block x 2

Slide back at a 30 degree angle by moving the right leg behind into a right L stance with a forearm guarding block.

Right leg front snap kick, land walking stance and double punch. All to the solar plexus

Do San

STRIKES

Back Fist Side Strike

Dung Joomuk Yop Taerigi

BLOCKS

Wedging Block

Hechyo Makgi

KICKS

Side Piercing Kick

Yop Cha Jirugi

PUNCHES

Reverse Punch

Bandae Jirugi

Front Punch

Ap Jirugi

THRUSTS

Thrust

Tulgi

Straight Fingertip Trust

Son Sonkut Tulgi

RELEASE

Release from Grab

Yap Yosul Tae

Twist Release from Grab

Bituro Pulgi