



Green Stripe / 7th Kup - Theory



Green Belt – Green signifies the plant's growth as Tae Kwon-do skills begin to develop

Do-San – is the pseudonym (another name) of patriot Ahn Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korea & its independent movement

24 movements

Block (Makgi)

Wedging block – Hechyo Makgi

Outer forearm block – Bakat Polmook Makgi

Thrust (Tulgi)

Straight fingertip thrust – Sun Sonkut Tulgi

Kick (Chagi)

Turning kick – Dollyo chagi

Strike (Taerigi)

Knifehand Strike – Sonkal Taerigi

Return to Ready - Barrol

Free sparring – Jayoo Matsoki

Wrist Release – Jappyosol Tae

3 step Sparring – Sambo Matsoki

Back Fist – Dung Joomuk

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts





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3 Step Sparring

Attacker - always starts right leg back, walking stance, low block. Then performs 3 punches whilst walking forward

1 - 2 . Defence - Step back with *right* leg and perform the following

Number 1

Right leg back, walking stance, **middle inner forearm block x 3**

Counter - Middle reverse punch

Number 2

Right leg back, L stance, **middle inner forearm block x 3**

Counter - Move left foot across to the right slightly and forward , left hand knife hand strike to the neck

WHAT IS A PATTERN?

A set of fundamental movements, mainly defence and attack, set in a logical sequence against 1 or more imaginary opponents

WHY DO WE PERFORM PATTERNS?

To learn sparring techniques, stances, breath control, muscle toning and to learn when to relax and tense muscles at the correct time. As well as to correct and improve facing and to practice other techniques that are not possible in other areas of training

WHY DO WE LEARN PATTERN MEANINGS?

Pattern interpretations are derived from people and events in Korean history and show one or more of the tenets to give us inspiration

WHY ARE THERE 24 PATTERNS?

The founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the Earth and believed that some people should strive to leave a good spiritual legacy to coming generations. Founder says:

"Here I leave Tae Kwon-do for mankind. As a trace of a man of the late 20th century, the 24 patterns, on day or all of my life"

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