

**YELLOW BELT /
GREEN STRIPE
(7TH KUP)**

TENETS OF TAE KWON-DO

- COURTESY:** To be polite to everyone. You must always be courteous to your Instructors, seniors and fellow students.
- INTEGRITY:** To be honest with yourself. You must be able to define the difference between right and wrong.
- PERSERVERANCE:** To achieve a goal. Whether a higher grade or a new technique, you should never stop trying.
- SELF CONTROL:** To always be in control of your actions. You must be able to live, work and train within your capabilities.
- INDOMITABLE SPIRIT:** To show courage when you and your principles of pitted against overwhelming odds. You should do your utmost to never give up

THE FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated in South Korea on 11th April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9th Degree Black Belt (1918-2002).

Tae Kwon-Do was introduced into the United Kingdom in 1967.

One Martial Arts was founded in 2020.

1. General Terms

Straight	Sun
Thrust	Tulgi

2. Parts of the body

Finger	Songarak
As a group fingertips	Sonkut

3. Stances

Fixed Stance	Gojang Sogi
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4. Basic Movements

(a) Defensive

Wedging block	Hechyo Makgi
Release move	Jappyosol Tae

(b) Offensive

Straight spear fingertip thrust	Sun Sonkut Tulgi
Backfist side strike	Dung Joomuk Yop Taerigi
Side piercing kick	Yop Cha Jurigi

5. Pattern (Tul)

Do-San	24 moves
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Do-San is the pseudonym of the patriot Ahn Ch'ang-Ho (1876 – 1938), who devoted his life to furthering the education of Korea and its independent movement.

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

Your 7th Kup Grading

Identify yourself

Walking stance – Backfist side strike

Turning kick, land knifehand guarding block in L stance

Walking stance – Wedging block

Side kick, land forearm guarding block in L stance

Walking stance – straight spear fingertip thrust

Walking stance – Twin outer forearm block

Pattern – Do San and Dan Gun

Theory – All theory up to this page.

Minimum training time before next grading – 3 months

Student Notes:
