



Taekwon-Do Theory for Green Tags (7th Kup)

Please take the time to learn the following information for your grading.

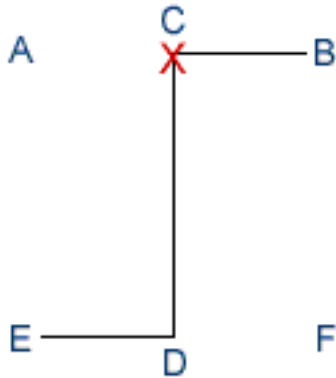
1. What does green belt signify?

Signifies the plants growth as Tae Kwon Do foundation is laid.

2. How many movements in the Pattern Do-San?

24

3. What is the diagram of the Pattern Do-San?



4. What is the meaning of the Pattern 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 independent movement.

5. What is the start position for Pattern Do-San?

Parallel Ready Stance

6. Korean words

Sitting Stance

Low front snap kick

Middle knife hand side strike

Outer forearm rising block

Straight fingertip thrust

Annun Sogi

Najunde Ap Cha Busigi

Kaunde Sonkal Yop Taerigi

Bakat Palmok Chookyo Makgi

Sun Sonkut Tulgi