

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 7th Kup – Yellow Belt Green Stripe

Practical

Dan Gun
Do San
Three Step Sparring
Semi Free Sparring

Destruction:

Side Kick (Right & Left Measure, Attempt Students Choice)
Turning Kick (Right & Left Measure, Attempt Students Choice)
Reverse Punch (Right & Left Measure, Attempt Students Choice)

Theory

What is the meaning of Do San?

24 movement pattern - Is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.

What is the meaning of Green Belt?

Green belt signifies the plants growth as Taekwon-Do skill begins to develop.

What is Semi Free Sparring?

This form of sparring is designed as a step forward from basic three step sparring. It involves an optional number of consecutive attacks (hand or feet) and blocks or evasions, plus a counter attack. Semi-free sparring should not be hurried, the secret is reaction force and quick, intelligent movements. This is where the true art of sparring is learnt. Both students begin by pulling back into L stance whilst executing a forearm guarding block.

What is the main target area for a straight finger tip trust?

Solar plexus of the attacker.

Describe a Turning kick

The correct tool for traditional turning kick is the ball of the foot. This is achieved by locking the ankle joint and toes back. Traditional turning kick is used in line work, destruction and street situations.

The correct tool for non-traditional turning kick is the top of the foot (instep). This is achieved by locking the ankle joint and toes forward. Non-traditional turning kick is used for sparring related activities and bag work.

Terminology

General

Wrist release
Semi free sparring
Destruction
Return to ready stance
Spot Turn

Jappyosol-tae
Ban jayoo matsoki
Gyokpa
Baro
Gujari Dolgi

Parts of the body

Back fist
Fingertip
Instep

Dung joomuk
Sonkut
Baldung

Attacks

Straight fingertip thrust
High back fist side strike
Turning kick
Front snap kick

Sun sonkut tulgi
Nopunde dung joomuk yop taerigi
Dollyo chagi
Aпча busigi

Defences

High outer forearm wedging block
High outer forearm side block

Nopunde bakat palmok hechyo makgi
Nopunde bakat palmok yop makgi