

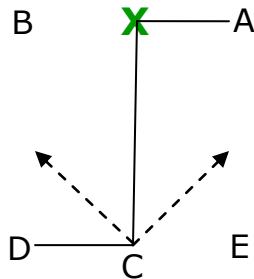
Meaning of Belt Color

Green Belt, 6th gup

Signifies the plant's growth as Tae-Kwon-Do skills begin to develop.

Form(s):

- 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 independence movement.

Movements: 24

Ready Posture: Parallel Ready Stance

The illustration assumes that the student is on line AB at X facing C.

1. Turn 90 degrees to the left (toward A) forming a left front-stance while executing a high reverse side-block with the left outer forearm.
2. Staying in the same stance (toward A), execute a middle-section reverse punch with the right fist.
3. Turn 180 degrees to the right with a step change (toward B) forming a right front-stance while executing a high reverse side-block with the right outer forearm.
4. Staying in the same stance (toward B), execute a middle-section reverse punch with the left fist.
5. Turn 90 degrees to the left (toward C) forming a left back-stance while executing a left double knife-hand block.
6. Step forward with the right foot (toward C) forming a right front-stance while executing a right-handed spear hand strike. Ki-hop once the spear hand strike has been performed.
7. Spin/turn 360 degrees to the left (forward C) forming a left front-stance while executing a back fist with the left fist.
8. Step forward with the right foot (toward C) forming a right front-stance while executing a back fist with the right fist.
9. Turn 270 degrees to the left (toward D) forming a left front-stance while executing a reverse side block with the left outer forearm.

10. Staying in the same stance (toward D), execute a middle-section reverse punch with the right fist.
 11. Turn 180 degrees to the right with a step change (toward E) forming a right front-stance while executing a reverse side block with the right outer forearm.
 12. Staying in the same stance (toward E), execute a middle-section reverse punch with the left fist.
 13. Turn 135 degrees to the left (toward DX) forming a left front-stance while executing a high-section wedging block.
 14. Execute a middle-section front kick (toward DX) with the right leg while landing into a right front-stance.
 15. Execute a middle-section punch (toward DX) with the right fist as soon as you land.
 16. Execute a middle-section punch (toward DX) with the left fist. These punches should be done in rapid succession.
 17. Turn 90 degrees to the right (toward EX) forming a right front-stance while executing a high-section wedging block.
 18. Execute a middle-section front kick (toward EX) with the left leg while landing into a left front-stance.
 19. Execute a middle-section punch with the left fist as soon as you land.
 20. Execute a middle-section punch with the right fist. These punches should be done in rapid succession.
 21. Turn 45 degrees to the left (toward X) forming a left front-stance while executing a high-rising block with the left forearm.
 22. Step forward with the right foot (toward X) forming a right front-stance while executing a high-rising block with the right forearm.
 23. Turn 270 degrees to the left (toward A, facing C) forming a horse riding-stance while executing a knife-hand strike with the left hand.
 24. Step together with the left foot, then step (toward B) with the right foot. Execute a knife-hand strike with the right hand once the step has been taken.
- END: Bring the right foot back to a ready posture.

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Il Bo Teryon-6th gup
자 단계 치고 받기

18. Step back forming an open back-stance while executing a drop kick with the front leg to the opponent's punch, spin crescent with the back leg, round kick with the leg that performed the spin crescent kick
19. High X block while trapping the wrist of the opponent, bring the opponent's punch down so that they are bending forward, front-kick (opposite side leg as the opponent's punch)
20. High X block while trapping the wrist of the opponent, bring the opponent's punch down so that they are bending forward, front kick (opposite side leg as the opponent's punch), let go of the opponent's wrist and perform a drop kick with the same leg

21. Block from inside to outside with a knife-hand block plus a reverse knife hand strike with the other hand to the opponent's neck, elbow strike with the hand that performed the knife-hand strike, pull the opponent by grabbing the wrist of the blocked hand and knife hand strike to the same side as the grab

22. Down parry block while stepping into a front stance past the side of the opponent (away from the target area), ridge hand with the other hand, round kick with the same side leg as the ridge hand

Wrist Escapes

1. Opposite side grab, circle inwards
2. Opposite side grab, circle outwards
3. Opposite side grab, push hand up near opponent's hand

Free Sparring