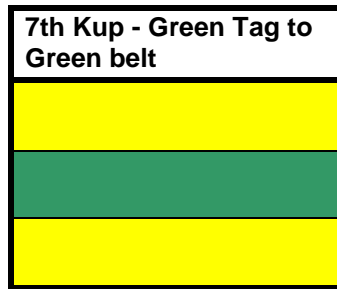


## 7<sup>th</sup> Kup Theory



All previous theory and techniques plus:

### Do-San Tul 24 moves

Do-San is the pseudonym of the patriot Ahn Chang Ho (1876-1938). To counter the effects of the Japanese occupation of Korea, he devoted his entire life to furthering the education of Korea and he was a driving force in the Korean Independence Movement.

### The Meaning of the Colour Green

Green signifies the plants growth as Taekwon-Do skills begin to develop.

### New Terms

Straight = Sun

Side = Yop

Front = Ap

Back = Dwit

Thrust = Tulgi

Fingertip = Sonkutt

Back Kick = Dwit Chagi

Back Sole = Dwit Kumchi

Reverse Turning Kick = Banae Dollyo Chagi

Upward = Ollyo

Downward = Naeryo

Left = Wen

Right = Orun

Semi-Free Sparring = Banjayoo Matsoki

Free Sparring = Jayoo Matsoki

Semi-Free Sparring is practised to prepare the student for free sparring by enabling them to use attack, defence and counter attack moves in combinations of their own choosing over a set number of steps.

## Side Piercing Kick

Side piercing kick = Yopcha Jirugi  
Part of use (kicking tool) Footsword = Balkal

### 3 Step Sparring includes:

Forearm Guarding Block = Palmok Daebi Makgi  
Front Kick Double Punch = Ap Chagi Dool Jirugi  
Knifehand Guarding Block = Sonkal Daebi Makgi  
Side Kick Downward Backfist Strike = Yop Chagi Naeyro Dung Joomuk Taerigi  
Middle Palm Pushing Block = Kaunde Sonbadak Miro Makgi  
Vertical Stance = Soojik Sogi  
High Reverse Knifehand Strike = Nopunde Sonkal Dung Taerigi

### Do-San Includes

High Outer Forearm Block = Nopunde Bakkat Palmok Makgi  
Straight Fingertip Thrust = Sun Sonkutt Tulgi  
Release Motion = Baegi  
Release from a grab = Jappyo Sul Tae  
Centre Line Turn = Gujari Dolgi  
Wedging Block = Hechyo Makgi  
High Outer Forearm Wedging Block = Nopunde Bakkat Palmok Hechyo Makgi  
Backfist Side Strike = Dung Joomuk Yop Taerigi

### Extra information on Blocking

Inward Block = Annuro Makgi : any block which travels **inward**, i.e. towards the users body

Outward Block = Bakkuro Makgi : any block which travels **outward**, i.e. away from the users body

Inside Block = An Makgi : any block which exposes the **inside** of the opponents body to a counter attack

Outside Block = Bakkat Makgi : any block which exposes the **outside** of the opponents body to a counter attack

e.g. The middle block in Chon-Ji is:

Middle Inner Forearm, Outward Block = Kaunde An Palmok, Bakkuro Makgi