

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information

7th Kup – Yellow Belt Green Stripe

Practical

Three Step Sparring

Semi Free Sparring

Destruction:

- Side Kick
- Turning Kick
- Reverse Punch

Dan-Gun

Do-San



Three Step Sparring



Semi Free Sparring



Destruction: Side Kick, Turning Kick, Reverse Punch



Do San
Know the meaning of Do San

Theory

What is the meaning of Do-San?

24 movement pattern - 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.

What is the meaning of Green Belt?

Green belt signifies the plant's 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 fingertip 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 jayu matsogi
Gyokpa
Baro
Gujari Dolgi

Parts of the body

Back fist
Fingertip
Instep

Dung joomuk
Sonkut
Baldung

Attacks

Straight fingertip thrust
Back fist high side strike
Turning kick
Front snap kick

Sun sonkut tulgi
Dung joomuk nopunde yop taerigi
Dollyo chagi
Apcha busigi

Defences

Outer forearm high wedging block
Outer forearm high side block

Bakat palmok nopunde hechyo makgi
Bakat palmok nopunde yop makgi