



HF MARTIAL ARTS

GRADING SYLLABUS

7TH KUP GREEN TAG

TO

6TH KUP GREEN BELT

Do-San Tul

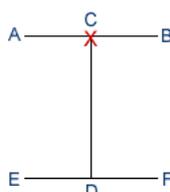
Interpretation: Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Ready stance: Parallel ready stance

No of moves: 24

No of stances: 4

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB (not performing a specific stance as this is preparing for the next move), and then turn clockwise moving the right foot out to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a left knife-hand.
6. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip bringing the left palm in a downward circular motion to the front of the solar plexus.
7. Twist the right knife-hand together with the body counter-clockwise until its palm faces downward and then move the left foot to D, turning counter-clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D, forming a right walking stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, turning counter-clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF (not performing a specific stance as this is preparing for the next move), and then turn clockwise moving the right foot out to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
13. Move the left foot to CE, move the left foot out forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
15. Lower the right foot to CE, forming a right walking stance toward CE while executing a middle punch to CE with the right fist.

Do-San Tul (cont'd)

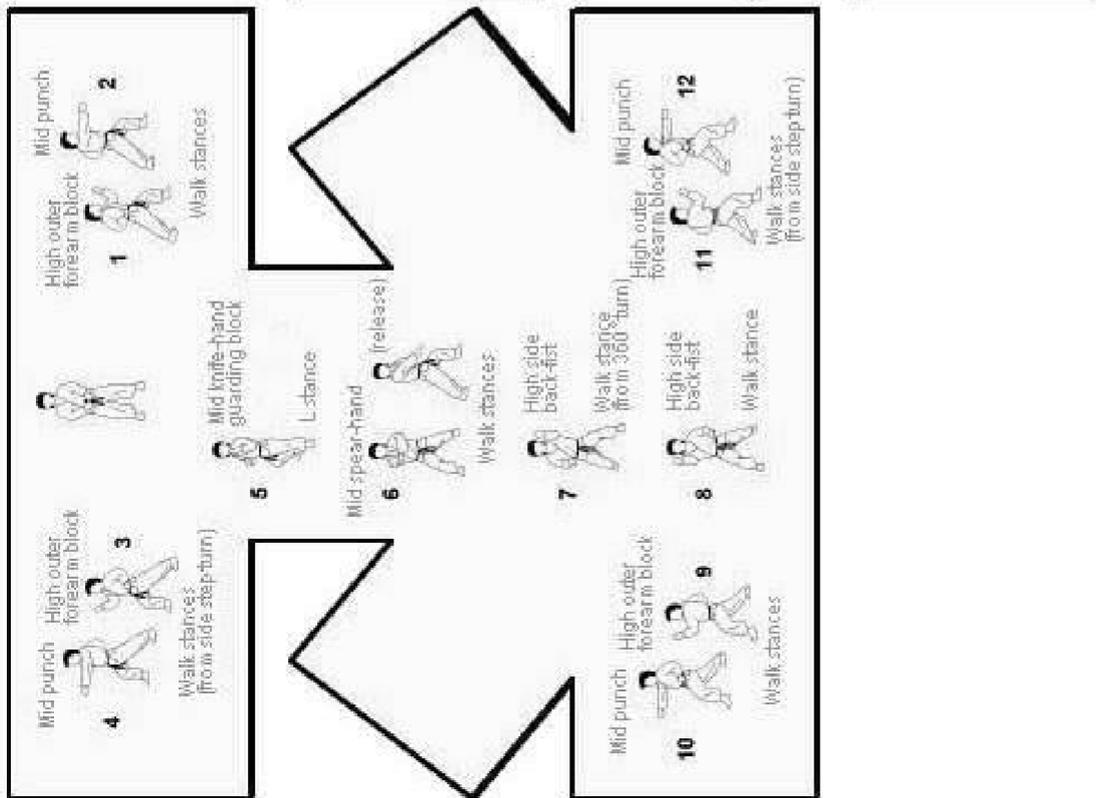
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE.
**Perform 15 and 16 in a fast motion.*
17. Move the right foot to CF, forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to CF, forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF.
Perform 19 and 20 in a fast motion.
21. Move the left foot to C, forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
22. Move the right foot to C, forming a right walking stance toward C while executing a rising block with the right forearm.
23. Move the left foot to B, turning counter-clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form a parallel ready stance facing D.

***Fast Motion (Barun Donjak)**

There is a much shorter time period between two techniques performed in a fast motion than the same two techniques performed one after the other in normal time. This is because, in fast motion, the reaction movement of the first technique is used to set up the second technique.

For example, in pattern Do-San, movements 15 and 16 are to be performed in a ‘fast’ motion. Therefore the reaction hand of movement 15 uses the backward motion generated by the reaction as the start of movement 16.



Three Step Sparring - No's 7 & 8

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin. Defender - parallel ready stance, kihap to show they are ready to defend.
The Attack	Right leg forward right walking stance, middle section obverse punch. Left leg forward left walking stance, middle section obverse punch. Right leg forward right walking stance, middle section obverse punch.

The Defences & Counter Attacks

Number 7

1. Step the right leg back into an L-stance, performing a high section outwards block with the left forearm.
2. Step the left leg back into an L-stance, performing a high section outwards block with the right forearm.
3. Slide backwards at a 45-degree angle into L-stance, performing a forearm guarding block. Then, execute a snapping kick to the mid-section of the opponent, and perform a double punch in walking stance as you land forwards.

Number 8

1. Step the right leg back into an L-stance, performing a high section knife hand block with the left hand.
2. Step the left leg back into an L-stance, performing a high section knife hand block with the right hand.
4. Slide backwards at a 45-degree angle into L-stance, performing a knife hand guarding block. Then, execute a side kick to the mid-section of the opponent, and perform a knife hand side strike to the opponent's neck in L-stance as you land forwards.

For this grading the three step sparring will be performed in line without a partner.

Green Tag Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Yellow Belt Colour Meaning: Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green Belt Colour Meaning: Green signifies the plants growth as the Taekwon-Do skill begins to develop

Pattern: Do-San Tul

Moves in Korean

Twist release from grab	Bituro pulgi
Wedging block	Hechyo makgi
Outwards block	Bakaero makgi
Back fist side strike	Dung joomuk yop taerigi
Straight fingertip thrust	Son sonkut tulgi
Sliding	Milkulgi
Spot turn	Didimyo dolgi
Fast motion	Barun dongjak
Side kick	Yop chagi

Thirty Sorun

Grading Check List
7th Kup Green Tag to 6th Kup Green Belt

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know everything from all of the previous grading syllabuses/checklists	
Sitting stance, 10 double punches (counting in Korean)	
Walking ready stance, side kick, double block	
25 Press ups	
Outwards block, reverse punch, walking stance	
Straight fingertip thrust, walking stance	
Back fist side strike, walking stance	
Wedging block, walking stance	
Side kick, L-stance, forearm guarding block	
Dan-Gun Tul	
Do-San Tul	
Three step sparring 7 & 8 (performed in line)	