



Grading Requirements



7th Kup (Green Tip) to 6th Kup (Green Belt)

Theory

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid.

Green represents the plant's growth as the training in Tae Kwon-do progresses.

Hyung

- To-San Hyung (24 movements)

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

New Techniques

Blocks

- Outer Forearm Block Chungdan maki
- Wedging Block

Strikes

- Back-fist Strike
- Spear-hand Thrust

Kicks

- Turning Kick Dollyo Chagi

Sparring

- Sam-Bo Daeryon (3 step)
- E-Bo Daeryon (2 step)
- Jayel Daeryon (Free)

Counting in Korean

ENGLISH	KOREAN	PRONUNCIATION
ONE	HANA	HAN NAR
TWO	DOOL	DOOL
THREE	SET	SET
FOUR	NET	NET
FIVE	TASUT	TAR SOOT
SIX	YASUT	YAR SOOT
SEVEN	ILGOPE	ILL GOOP
EIGHT	YAUDUL	YAR DOOL
NINE	AHOP	AR HOP
TEN	YUAL	YEOLL