



7th KUP (Green-Tag Belt) Theory

GENERAL TERMS - ENGLISH	GENERAL TERMS - KOREAN
Kick	CHAGI
Thrust	TULGI
Straight	SON
Online Turn	GUJARI DOLGI

PARTS OF THE BODY - ENGLISH	PARTS OF THE BODY - KOREAN
Fingertips	SONKUT
Footsword	BALKAL
Ball of Foot	AP KUMCHI

DEFENSIVE MOVES - ENGLISH	DEFENSIVE MOVES- KOREAN
High Outer Forearm Block	NOPUNDE BAKAT PALMOK MAKGI
Release Move	JAPPYOLSOL TAE
Wedging Block	HECHYO MAKGI

OFFENSIVE MOVES - ENGLISH	OFFENSIVE MOVES- KOREAN
Straight Fingertip Thrust	SON SONKUT TULGI
Back Fist Strike	DUNG JOOMUK TAERIGI
Side Kick	YOP CHAGI
Turning Kick	DOLLYO CHAGI

PATTERN	PATTERN
24 MOVES	DO-SAN

SPARRING	SPARRING
Three Step Sparring Sequences 5 & 6	SAMBO MATSOKI

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Explain **Wedging Block**?

- Wedging block is used as a defence against a grasp to the neck, shoulders, or head or as a defence against a twin vertical punch to the head. The arms drive upwards in a wedging motion between the attacker's arms and then pull down and out to shoulder width forcing the attacker to release their grip. The arms remain at shoulder width during the performance of a counter to afford the defender a level of defence and have the arms in position to do a follow up counter quickly.

Why **24** Patterns?

- The reason for 24 patterns is because, the founder Major General Choi Hong Hi compared the life of man with a day in the life of the earth. He believed that people should strive to bequeath a good spiritual legacy to coming generations and in so doing gain immortality. Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives. As the founder said: 'Here I leave Taekwondo for mankind, as a trace of a man of the late 20th century.'

What is the meaning of **Green** belt?

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

Name **Three different kicks**?

ENGLISH	KOREAN
Front Snap Kick	AP CHA BUSIGI
Side Kick	YOP CHAGI
Turning Kick	DOLLYO CHAGI



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Meaning of **DO-SAN**:

- Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life furthering the education of Korea and its Independence movement.

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