



**Grading Pack**  
**Pattern: Do-San**  
7th Kup - Green Stripe



# Fitness and Martial Arts Academies Tae Kwon Do

Website: [www.fitnessandmartialarts.co.uk](http://www.fitnessandmartialarts.co.uk)

Mobile 0791 9894675

**PATTERN DO SAN**

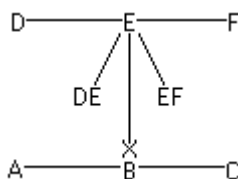
**No. OF MOVEMENTS 24**

**No. OF STANCES 4**

**INTERPRETATION** Do San is the pseudonym of the patriot Ahn Chang Ho (1876-1938), who devoted his entire life too furthering the education of Korea and it's independent movement.

**READY POSITION** Parallel Ready Stance **NARANI JUNBI SOGI**

**DIAGRAM**



1. LEFT LEG TO A, LEFT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK
  2. SAME STANCE, REVERSE MIDDLE SECTION PUNCH
  3. STEP TURN TO C, RIGHT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK
  4. SAME STANCE, REVERSE MIDDLE SECTION PUNCH
  5. LEFT LEG TO E, RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
  6. STEP FORWARD TO E, RIGHT WALKING STANCE, STRAIGHT FINGERTIP THRUST – RELEASE
  7. PIVOT ANTI-CLOCKWISE, FACE E, LEFT WALKING STANCE, LEFT BACKFIST SIDE STRIKE
  8. STEP FORWARD TO E, RIGHT WALKING STANCE, RIGHT BACKFIST STRIKE
  9. PIVOT ANTI-CLOCKWISE, FACE F, LEFT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK
  10. SAME STANCE, MIDDLE SECTION REVERSE PUNCH
  11. STEP TURN, FACE D, RIGHT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK
  12. SAME STANCE, MIDDLE SECTION REVERSE PUNCH
  13. FACE EF, LEFT WALKING STANCE, WEDGING BLOCK
  14. KEEPING BLOCK IN POSITION, RIGHT MIDDLE SECTION FRONT SNAP KICK TO EF
  - 15 + 16 PLACE RIGHT FOOT DOWN INTO RIGHT WALKING STANCE, DOUBLE PUNCH
  - 17 FACE DE, RIGHT WALKING STANCE, WEDGING BLOCK
  - 18 KEEPING BLOCK IN POSITION, LEFT MIDDLE SECTION FRONT SNAP KICK TO DE
  - 19 + 20 PLACE RIGHT FOOT DOWN INTO LEFT WALKING STANCE, DOUBLE PUNCH
  - 21 MOVE DIAGONAL TO FACE B, LEFT WALKING STANCE, RISING BLOCK.
  - 22 STEP FORWARD TO B, RIGHT WALKING STANCE, RISING BLOCK.
  - 23 PIVOT ANTI-CLOCKWISE TO A, SITTING STANCE, KNIFE HAND SIDE STRIKE
  - 24 FEET TOGETHER, RIGHT FOOT TO C, SITTING STANCE, KNIFE HAND SIDE STRIKE
- END** BRING RIGHT FOOT BACK TO PARALLEL READY STANCE.

## COMPONENT PARTS

|                       |                         |                           |                    |
|-----------------------|-------------------------|---------------------------|--------------------|
| STANCE                | SOGI                    | BLOCKS                    | MAKGI              |
| PARALLEL READY STANCE |                         | NARANI JUNBI SOGI         |                    |
| WALKING STANCE        |                         | GUNNUN SOGI               |                    |
| L-STANCE              |                         | NIUNJA SOGI               |                    |
| SITTING STANCE        |                         | ANNUN SOGI                |                    |
| BACKFIST SIDE STRIKE  | DUNG JOOMUK YOP TAERIGI |                           |                    |
| KNIFEHAND SIDE STRIKE | SONKAL YOP TAERIGI      |                           |                    |
|                       |                         | OUTWARD MOVING            | BAKERO             |
|                       |                         | OUTER FOREARM BLOCK       | BAKAT PALMOK MAKGI |
|                       |                         | WEDGING BLOCK             | HECHYO MAKGI       |
|                       |                         | RISING BLOCK              | CHOOKYO MAKGI      |
|                       |                         | KNIFEHAND GUARDING BLOCK  | SONKAL DAEBI MAKGI |
|                       |                         | RELEASE FROM GRAB         | JAPP YOSUL TAE     |
|                       |                         | STRAIGHT FINGERTIP THRUST | SUN SONKUT TULGI   |

**THREE STEP SPARRING**  
**THREE STEP SEMI FREE SPARRING**  
**TWO STEP SPARRING**  
**FREE SPARRING**

**SAMBO MATSOKI**  
**BAN JAYOO MATSOKI**  
**IBO MATSOKI**  
**JAYOO MATSOKI**

**GREEN**

signifies the plants growth as the Tae Kwon Do seed  
begins to develop, so the student's skill develops.

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**DO SAN TUL**

OUTWARD BLOCK

**BAKERO MAKGI**

STRAIGHT FINGERTIP THRUST

**SUN SONKUT TULGI**

RELEASE FROM GRAB

**JAPP YOSUL TAE**

BACK FIST SIDE STRIKE

**DUNG JOOMUK YOP TAERIGI**

WEDGING BLOCK

**HECHYO MAKGI**

## Requirements for

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

Tick box when learnt

|   | Student                  | Instructor               |
|---|--------------------------|--------------------------|
| Attention Stance  | <input type="checkbox"/> | <input type="checkbox"/> |
| Raise right hand name and grade (Loud and Clear)                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Parallel ready stance   | <input type="checkbox"/> | <input type="checkbox"/> |
| Walking stance backfist side strike (forwards and backwards)      | <input type="checkbox"/> | <input type="checkbox"/> |
| Turning kick knifehand guarding block                             | <input type="checkbox"/> | <input type="checkbox"/> |
| Walking stance wedging block (forwards & backwards)               | <input type="checkbox"/> | <input type="checkbox"/> |
| Side Kick land L stance forearm guarding block                    | <input type="checkbox"/> | <input type="checkbox"/> |
| Walking stance straight fingertip thrust (forwards and backwards) | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 step sparring number 5 (see pre-arranged sparring pack)         | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 step sparring number 6 (see pre-arranged sparring pack)         | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 step sparring number 7 (see pre-arranged sparring pack)         | <input type="checkbox"/> | <input type="checkbox"/> |

Possible Grading Questions

7<sup>th</sup> Kup Grading

Your instructor will ask you any four of the questions below

Stand in attention stance when answering your questions and always finish your answer with “SIR”

Tick box when learnt

Student

Instructor

What is the interpretation for pattern Do San?

What does the colour green signify?

**What is the Korean for:**

Outer forearm block?

Straight fingertip thrust?

Release from grab?

Backfist side strike?

Wedging block?

Sitting stance?

**This pack is intended as a training aid and does not replace regularly training with your instructor**



**For further information contact  
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