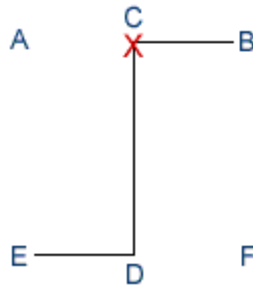


# Bucks Taekwon-Do Academy 7<sup>th</sup> Kup

## YELLOW BELT / GREEN TAG STUDY SHEET

7th Kup Pattern: DO-SAN, 24 movements.

*Do-San is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.*



### Stance

Walking stance  
L-Stance stance  
Sitting stance

### Sogi

Gunnun sogi  
Nuinja sogi  
Annun sogi

### Blocks

High outer forearm wedging block  
High outer forearm side block  
Outer forearm rising block  
Middle knife hand guarding block

### Makgi

Napunde bakat palmok hechyo makgi  
Napunde bakat palmock yop makgi  
Bakat palmok chookyo makgi  
Kaunde sonkal daebi makgi

### Punches

Middle punch

### Jirugi

Kaunde Jirugi

### Strike

Middle knife hand side strike  
High back fist side strike

### Taerigi

Kaunde sonkal yop taerigi  
Napunde dung joomuk yop taerigi

### Thrust

Middle straight finger tip thrust

### Tulgi

Kaunde sun sonkut tulgi

### Kick

Low front snap kick

### Chagi

Najunde ap cha busigi

3 Step semi free sparring

Banjayoo matsoki

Starting positions, both opponents 'L' Stance forearm guarding block

### Breaking Techniques

Left / right side piercing kick:

Wen / orun yop cha jirugi (using balkal)

Left / right turning kick:

Wen/orun dollyo chagi

### Special

Q: Using Ap joomuk, how many techniques can you perform?

A: Ap jirugi, Yop jirugi, Sang joomuk sewo jirugi, Sang joomuk dwijibo jirugi

Q: What is an An makgi, Anuro makgi, and An palmok makgi?

A: Inner block, , Inner forearm block.

Q: Name the four defensive techniques in pattern Do-San?

A: Bakat palmok nopunde yop makgi, Hechyo makgi, Sonkal daebi makgi, and Bakat palmok chookyo makgi.