

Testing Information

7th – 6th

Testing from Green Stripe (7th Gup) to Green Belt (6th Gup)

Pattern (tul) & interpretation:

Do-San

Ready Stance: Open Parallel Ready Stance

Movements: 24

Diagram: Stair-step up

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938).

The 24 movements represents his entire life which he devoted to furthering the education of Korea and its independence movement.

Step Sparring .

Ibo 2 step sparring attacker (one loot- one hand attack) 1 or 2 counters

Free Sparring W. no contact

Self-defense:

Fall to the front (not a somersault)

Fall to the back

Fall to the right side

Fall to the left side

Somersault to the right side

Somersault to the left side

Kicks:

Goro-Chagi

Hook Kick

Sewo-Chagi

Vertical Kick

Doro-Chagi

Waving Kick

Twimyo-Dwitcha-Jirugi Jump Back Piercing Kick

Break:

Twimyo-Yop-Cha-Jirugi Jump Side Kick 2 Boards (Adult)

1 Board (Junior)

Techniques:

1. Walking Stance High Outer Forearm Side Block
2. Walking Stance Middle Reverse Punch
3. Spot Turning
4. Walking Stance straight Fingertip Thrust
5. Walking Stance Back Fist High Side Strike
6. Walking Stance High Outer Forearm Wedging Block
7. Middle Front Snap Kick
- S. Sitting Stance Knife-hand Side Strike

All students need to join the ITF/ATFI at this level. Cost is a \$20.00 lifetime membership.