


## 7<sup>th</sup> kup Theory Summary

Do-San – 도산 – 24 movements	Do-San Diagrammatic Symbol
Do-San is the pseudonym of the patriot <b>Ahn Chang-Ho (1876-1938)</b> , who devoted his entire life to furthering the education of Korea and its independence movement.	
Belt Meaning	Jayoo Matsogi
<b>Green</b> - signifies <b>the plant's growth</b> , as Taekwon-Do skills begin to develop.	Free sparring uses Taekwon-Do as a <b>semi-contact</b> sport. As well as <b>focus, distance</b> and <b>timing</b> , free sparring improves <b>awareness</b> and <b>reaction speed</b> .
Motions (Dongjak) and Turning (Dolgi)	
<b>Yongsok Dongjak</b> – continuous motion Two or more techniques performed with no pause in between. Each technique is executed separately and in full. Always begins with a block.	<b>Barun Dongjak</b> – fast motion Two or more techniques performed with urgency. First technique has a full sine wave, techniques after the first are performed with a reduced sine wave.
<b>Ongyo Didimyo Dolgi</b> – Step turning Change direction to face an opponent at any angle, from 0 to 360 degrees.	<b>Gujari Dolgi</b> – Spot turning Change direction to face an opponent directly behind, 180 degrees only. One foot is moved to the centre line of the stance (one foot's length behind its original position) and used to pivot the body, the other foot then moves to the final position.
Technique Terminology	
<b>Directions</b> <ul style="list-style-type: none"> <li>• Upward – Ollyo</li> <li>• Downward - Naeryo</li> </ul>	<b>Techniques</b> <ul style="list-style-type: none"> <li>• Back piercing kick – Dwit cha jirugi</li> <li>• Side punch – Yop jirugi</li> <li>• Inward knife-hand strike – Anuro sonkal taerigi</li> <li>• Circular block – Dollimyo makgi</li> <li>• High wedging block – Nopunde hechyo makgi</li> <li>• High outer forearm block – Nopunde bakat palmok makgi</li> <li>• Knife-hand guarding block – Sonkal daebi makgi</li> <li>• Straight fingertip thrust – Sun sonkut tulgi</li> <li>• High backfist strike – Nopunde dung joomuk taerigi</li> <li>• Middle front snap kick – Kaunde ap cha busigi</li> </ul>
<b>Movements</b> <ul style="list-style-type: none"> <li>• Grab – Jupgi</li> <li>• Release from grab – Japyosol tae</li> </ul>	
<b>Stances</b> <ul style="list-style-type: none"> <li>• Fixed stance – Gojung sogi</li> <li>• Bending ready stance A – Guburyo junbi sogi A</li> </ul>	
<b>Motions/Turns</b> <ul style="list-style-type: none"> <li>• About turn – Dwiro dora</li> <li>• Spot turning – Gujari dolgi</li> <li>• Step turning – Ongyo didimyo dolgi</li> <li>• Continuous motion – Yongsok dongjak</li> <li>• Fast motion – Barun dongjak</li> </ul>	