

Centerline Martial Arts

7th Gup Green Stripe Testing Requirements



Physical Requirements For 7th Gup Green Stripe Testing

Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.



Diagram: Capital “i”
Moves: 21

Kicks

Turning Kick (Dollyo Chagi)

Used to attack an opponent to the side front

Targets: Temple, face, bridge of the nose, philtrum, sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, coccyx and inner thigh

Attacking Tool: The ball of the foot, instep, knee, shin and toes

Facing: Half

Location: Low, middle and high sections

Side Turning Kick (Yop Dollyo Chagi)

Used to attack an opponent to the front at a greater distance

Targets: Temple, face, bridge of the nose, philtrum, sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, coccyx and inner thigh

Attacking Tool: The ball of the foot, instep, knee, shin and toes

Facing: Side

Location: Low, middle and high sections

Back Piercing Kick (Dwitcha Jirugi)

Used to attack an opponent in pursuit from the rear

Targets: Temple, face, bridge of the nose, philtrum, upper neck, neck artery, armpit, heart, floating ribs, solar plexus, liver, knee joint, tibia and ankle joint

Attacking Tool: The footsword

Facing: Half

Location: Low, middle and high sections

Hand Technique

Knife Hand Guarding Block (Sonkal Daebi Makgi)

Used to block attack to the high, middle and low area of the body

Target: Inner forearm, outer forearm, inner tibia, outer tibia and back tibia

Blocking Tool: Knife hand

Facing: Half

Stances: Walking, L, sitting, fixed, X and rear foot

Twin forearm Block (Sang Palmok Makgi)

Used to block a simultaneous attack from the front and the side

Target: Inner forearm, outer forearm, back forearm, wrist joint, Achilles' tendon

Blocking Tool: The outer forearms, side block is the primary block

Facing: Half

Stances: L, fixed, X and rear foot

Forearm Rising Block (Palmok Chookyo Makgi)

Used to block attack to the bridge of the nose and above

Target: Wrist joint and Achilles' tendon

Blocking Tool: Outer forearm

Facing: Full and half

Stances: Parallel, walking, L, sitting, closed, X, one-leg, rear foot and diagonal

Knife Hand Side Strike (Sonkal Yop Taerigi)

Used to attack an opponent to the front or side

Target: Wrist joint and Achilles' tendon

Blocking Tool: Knife hand

Facing: Half and side

Stances: Parallel, walking, L, sitting, closed, fixed, X, one-leg and diagonal

Self Defense (Ho Sin Sul)

Defend against shoulder grab

Defend against haymaker

Dodge/deflect against straight punch

Defend against chest shove

Defend against shoulder charge

Breakfall to the front

Breakfall to the back

Breakfall to the side

Breaking:

Power Foot Break – Select one

Turning kick

Back piercing kick

Hand Break

Outward knife hand strike

Step Sparring

3 Step (Sambo Matsogi)

2 Way (repeat defensive techniques moving forward, attacks moving backward)

Charvyot:

Bow only if first routine

Instructions:

The defender will tell the attacker what techniques to perform and what stances to use

Measure:

Attacker steps forward measuring with right foot

Junbi:

After measuring step back left walking stance, obverse low block with outer forearm or into a right L-stance reverse low block with outer forearm.

Ki-ap to signal ready to attack

Simultaneously the defender steps with left foot into parallel ready stance

*The Attacker's junbi position is determined by the defender, and depends on what stance the defender wants to be attacked from

Attack/Defense:

Routine 1:

First Attack: Step forward into right walking stance – Middle obverse front punch with forefist

First Defense: Step back into left walking stance – Middle obverse side block with inner forearm

Second Attack: Step forward into left walking stance – Middle obverse front punch with forefist

Second Defense: Step back into right walking stance – Middle obverse side block with inner forearm

Third Attack: Step forward into right walking stance – Middle obverse front punch with forefist

Third Defense: Step back into left walking stance – Middle obverse side block with left forearm

Counterattack: Simultaneously with final defense, execute middle reverse front punch with the forefist with **Ki-ap**

Toes to Middle of Foot



Routine 2:

First Attack: Step forward into right walking stance – Low front snap kick

First Defense: Step back into left walking stance – Low obverse block with knife-hand

Second Attack: Step forward into left walking stance – Low front snap kick

Second Defense: Step back into right walking stance – Low obverse block with knife-hand

Third Attack: Step forward into right walking stance – Low right front snap kick

Third Defense: Step back into left walking stance – Low obverse block with knife-hand

Counterattack: Simultaneously with final defense, middle lead leg front snap kick with **Ki-ap**

Toes to Ball of the Foot



Routine 3:

First Attack: Step forward into right walking stance – Downward obverse strike with the knife-hand

First Defense: Step back into left walking stance – Obverse rising block with outer forearm

Second Attack: Step forward into left walking stance – Downward obverse strike with the knife-hand

Second Defense: Step back into right walking stance – Obverse rising block with outer forearm

Third Attack: Step forward into right walking stance – Obverse downward strike with the knife-hand

Third Defense: Step back into left walking stance – Obverse rising block with outer forearm

Counterattack: Simultaneously with final defense, high obverse outward knife-hand strike with **Ki-ap**

Toes to Back Heel



Counterattack:

*If the counterattack is a kick the defender will always first step down into an L-stance, middle guarding block and then step **back** to Baro

Ending Baro:

Defender and attacker *simultaneously* step forward with right foot into parallel ready stance

*If counter is a kick the defender will step down L-stance, middle guarding block after kicking, then return back to baro.

Knowledge Requirements For 7th Gup Green Stripe Testing

Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.



Diagram: Capital “i”
Moves: 21

The Student Oath Of Taekwon-Do

I shall observe the tenants of Taekwon-Do.
I shall respect my instructors and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.

The Tenants of Taekwon-Do

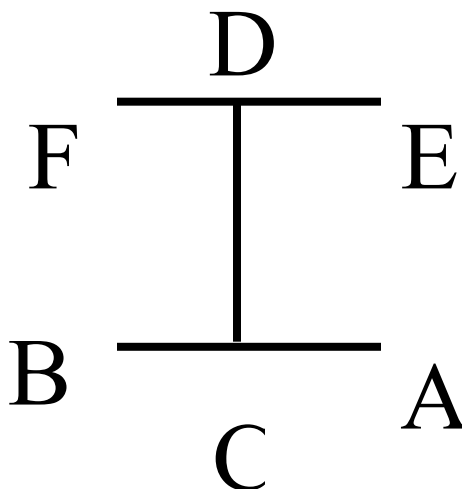
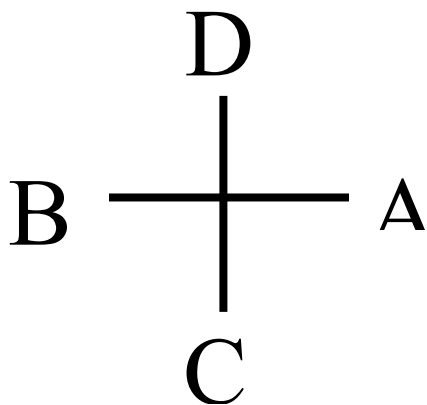
Courtesy (Ue-Ui)
Integrity (Yom-Chi)
Perseverance (In-Nae)
Self-Control (Guk-Gi)
Indomitable Spirit (Baek-Jul-Gool)

The Classes Of Black Belts

1st – 3rd Novice (Boo sa-bum)
4th – 6th Expert (Sa-bum)
7th – 8th Master (Sa-hyung)
9th Grand Master (Sa-sung)

Pattern Diagram Directions

The student stands on the A-B line facing D.



Additional Required Knowledge

Meaning of White Belt

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

Taekwon-Do Color Belt System

10 th Gup	Low White		5 th Gup	High Green
9 th Gup	High White		4 th Gup	Low Blue
8 th Gup	Low Yellow		3 rd Gup	High Blue
7 th Gup	High Yellow		2 nd Gup	Low Red
6 th Gup	Low Green		1 st Gup	High Red

Counting in Korean

Hana	1		Yasot	6
Dool	2		Ilgop	7
Set	3		Yodul	8
Net	4		Ahop	9
Daset	5		Yol	10

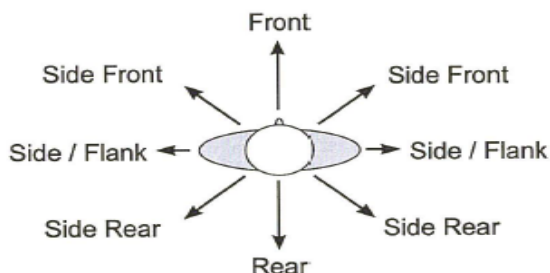
Etiquette

- A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
- Bow before stepping onto and off of the dojang (gym) training floor.
- Greet and address seniors and juniors with proper salutation such as hello Mr. Keep, thank you sir or thank you Master McNamara
- Use words of respect such as thank you ma'am, yes sir, no sir, etc.
- Avoid turning your back to seniors.

The Eight Parts Of The Training Secrets Of Taekwon-Do

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

Directions of Attacks



Chon-Ji

Chon-Ji means literally “the Heaven the Earth.” It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent heaven, the other the earth.

+ Diagram: “plus” sign
Moves: 19

Meaning Of Yellow Belt

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

The country where Taekwon-Do originated

Korea

The father of Taekwon-Do and his rank

General Choi Hong Hi, 9th Dan Grand Master

The Literal Translation Of Taekwon-Do

Tae – Jumping, flying, to kick or smash with the foot

Kwon – Fist, to punch or destroy with the hand or fist

Do – The art or way

Taekwon-Do – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

The Belt Rank System

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10th gup low white belt is the lowest and the 1st gup high red belt is the highest. For the black belts 1st dan is the lowest and the 9th dan is the highest.

The Nine Points To Be Observed While Performing A Pattern

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet

Attention Stance (Charyot Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

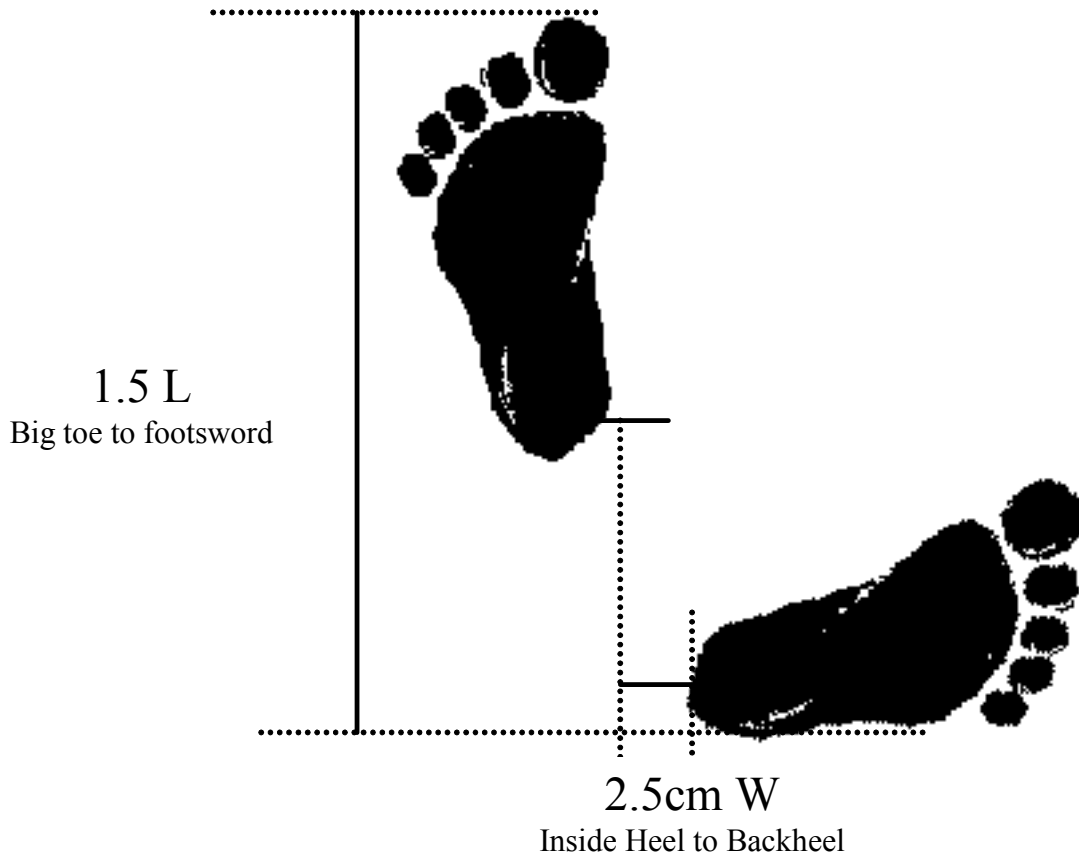
Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: The heels of the feet are together forming a 45⁰ angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

L – Stance (Niunja Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Footsword

Width: 2.5cm/1 inch

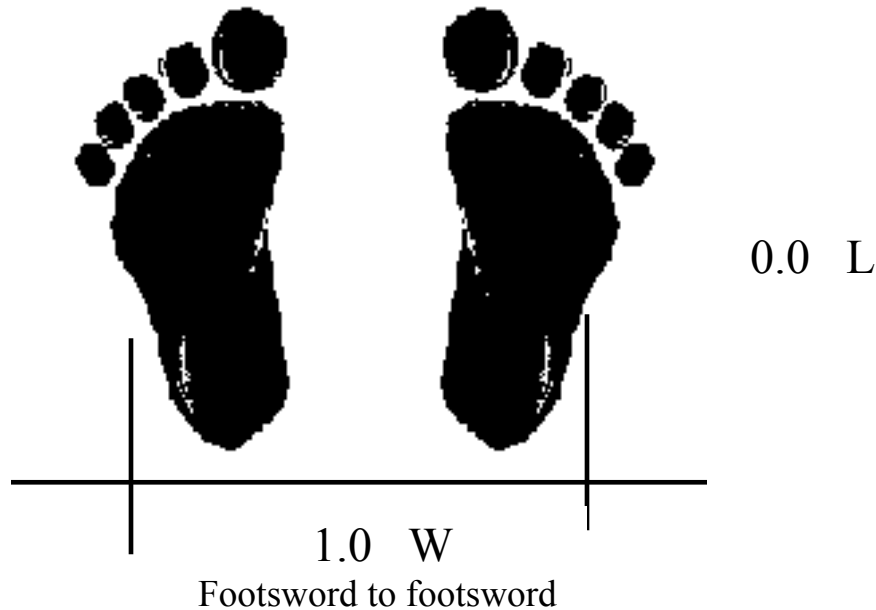
Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 30% / 70%

Available Facings: Half

Additional Notes: The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

Parallel Ready Stance (Narani Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.0 shoulder width

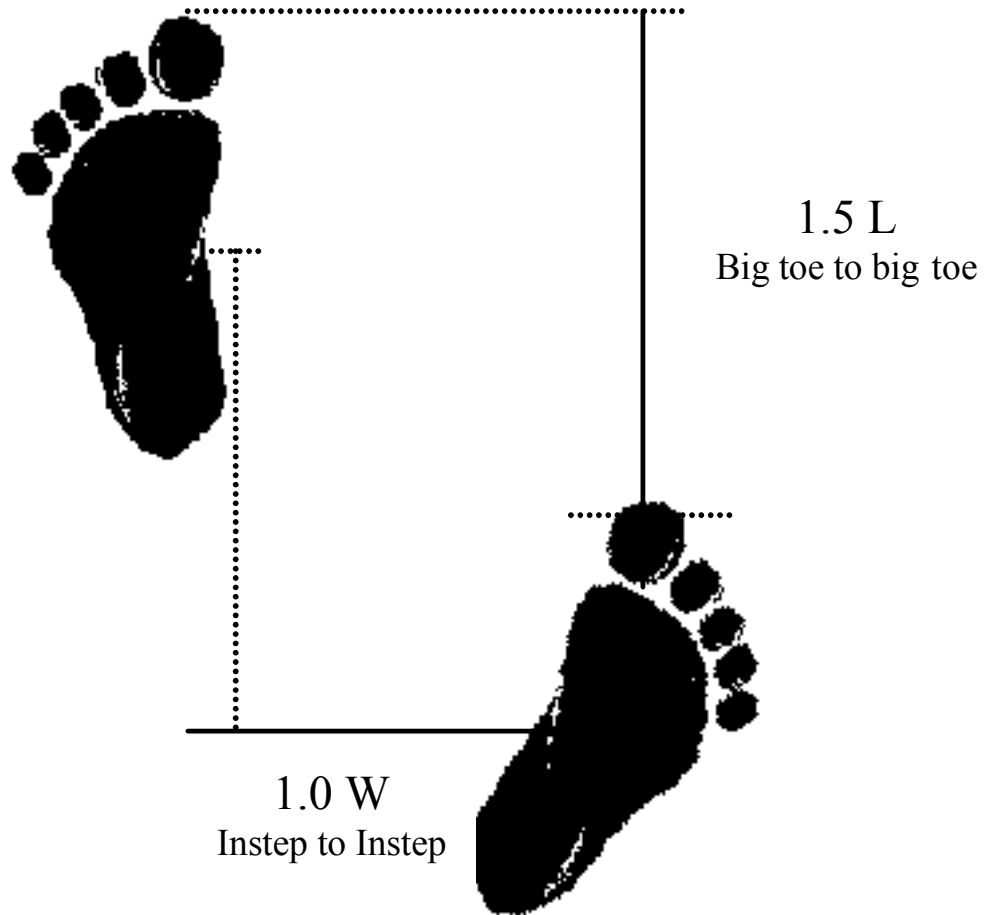
Measured From: **Front:** Footsword
 Rear: Footsword

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30° and the lower arms are bent upward at 40°

Walking Stance (Gunnun Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Tip of big Toe

Width: 1.0 shoulder width

Measured From: **Front:** Center of instep
 Rear: Center of instep

Weight Distribution (F/R): 50% / 50%


Available Facings: Full, half or reverse half

Additional Notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25⁰ from the front. This stance is named after the front foot.

PATTERN DAN-GUN (*Dan-Gun Tul*)

This pattern is practised by the 8th grade holder and above.

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2 333 B C.

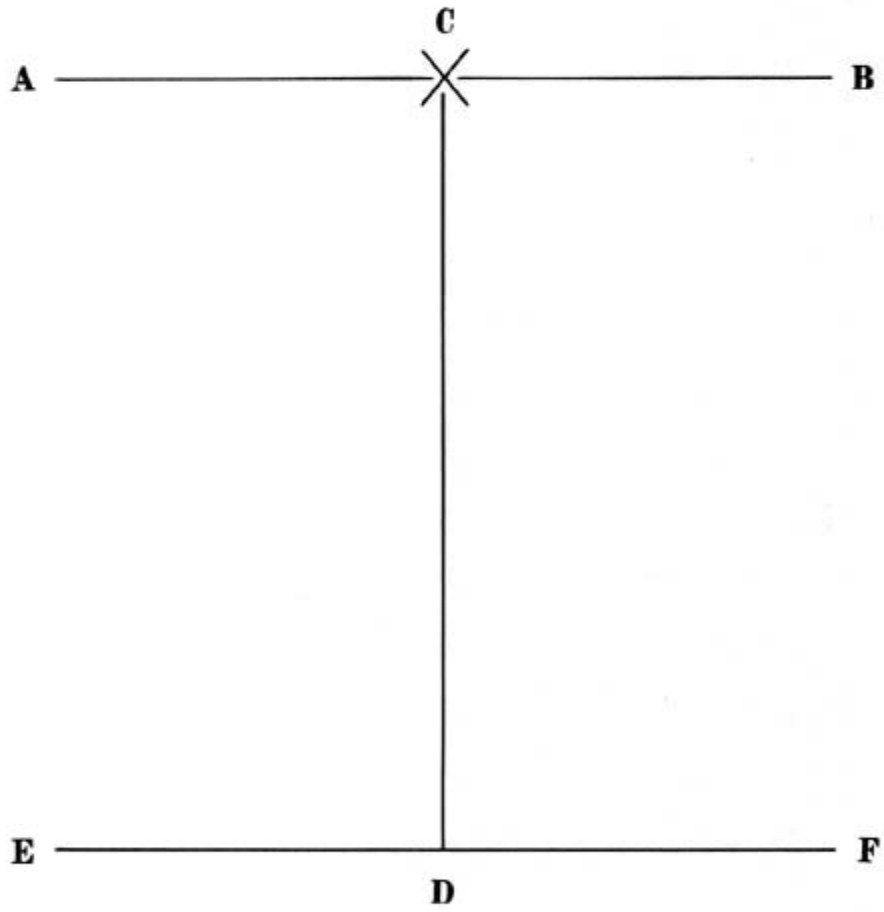
DIAGRAM: 

MOVEMENTS: 21

READY POSTURE: PARALLEL READY STANCE

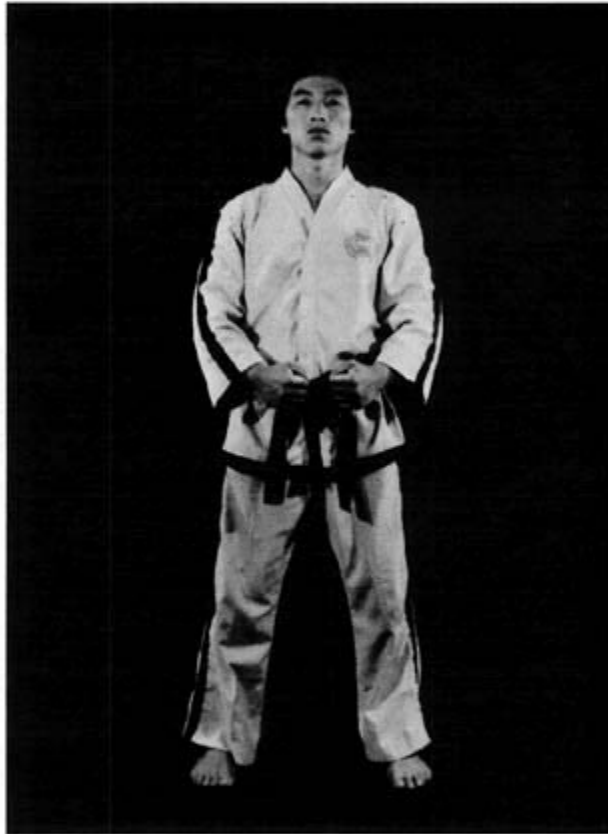
Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

DIAGRAM (*Yon Moo Son*)



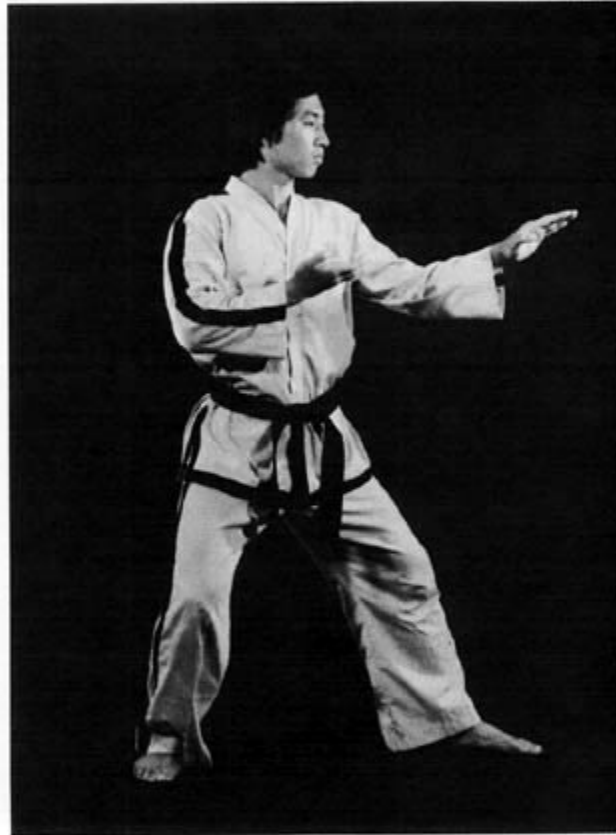
Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



1. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.

Right L-stance middle guarding block with a knife-hand toward B.



Previous Posture



Application

2. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.



Right walking stance
high punch toward B.



Previous Posture



Application



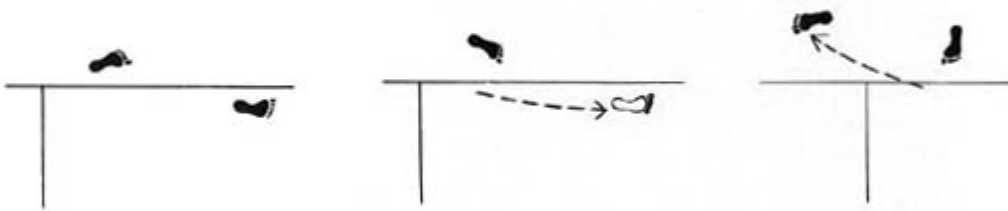
3. Move the right foot to A, turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.



Left L-stance middle guarding block with a knife-hand toward A.



Previous Posture



Application

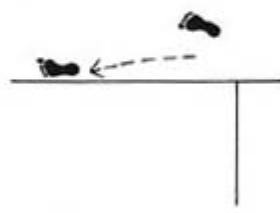
4. Move the left foot to A, forming a left walking stance toward A while executing a high punch to A with the left fist.



Left walking stance high punch toward A.



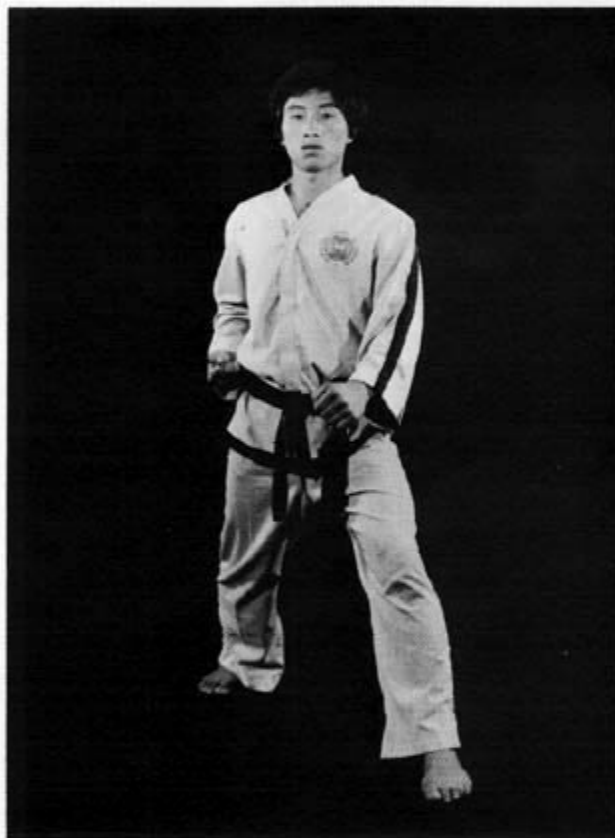
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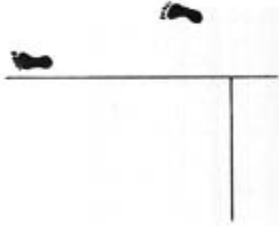
Application.



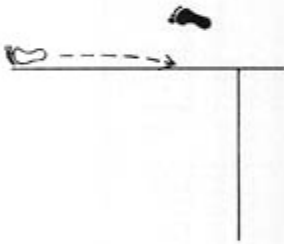
5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.



Left walking stance forearm
low block toward D.



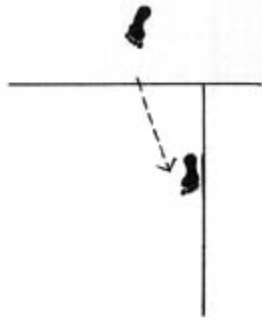
Previous Posture



Application



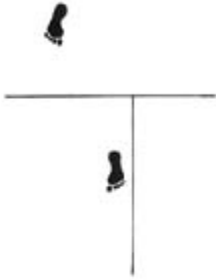
Top View



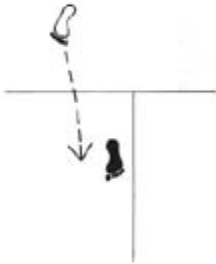
6. Move the right foot to D, forming a right walking stance toward D while executing a high punch to D with the right fist.



Right walking stance high punch toward D.



Previous Posture



Side View



7. Move the left foot to D, forming a left walking stance toward D, at the same time executing a high punch to D with the left fist.



Left walking stance high punch toward D.



Previous Posture



Application



Side View



8. Move the right foot to D, forming a right walking stance toward D while executing a high punch to D with the right fist.



Right walking stance high punch toward D.

Previous Posture



9. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a twin forearm block to E.



Right L-stance twin forearm block toward E.



Other View



Previous Posture



Application

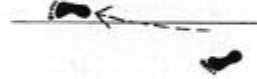
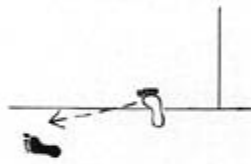


10. Move the right foot to E, forming a right walking stance toward E while executing a high punch to E with the right fist.

Right walking stance high punch toward E.



Previous Posture



Application



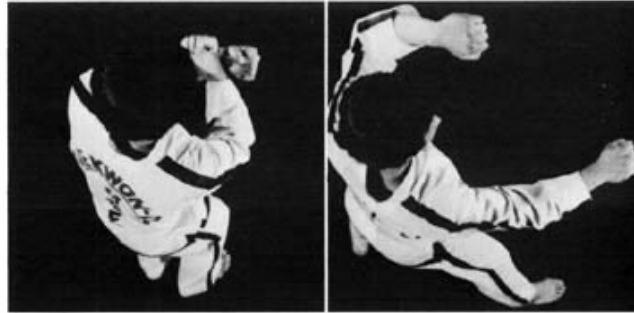
11. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin forearm block.



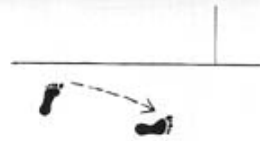
Left L-stance twin forearm block toward F.



Top View



Previous Posture



Application



Top View

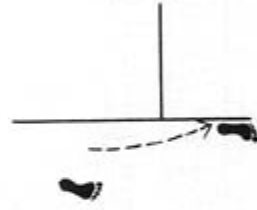
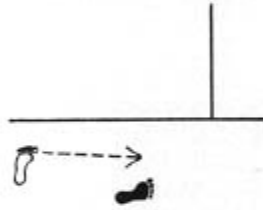
12. Move the left foot to F, forming a left walking stance toward F, at the same time executing a high punch to F with the left fist.



Left walking stance
high punch toward F.



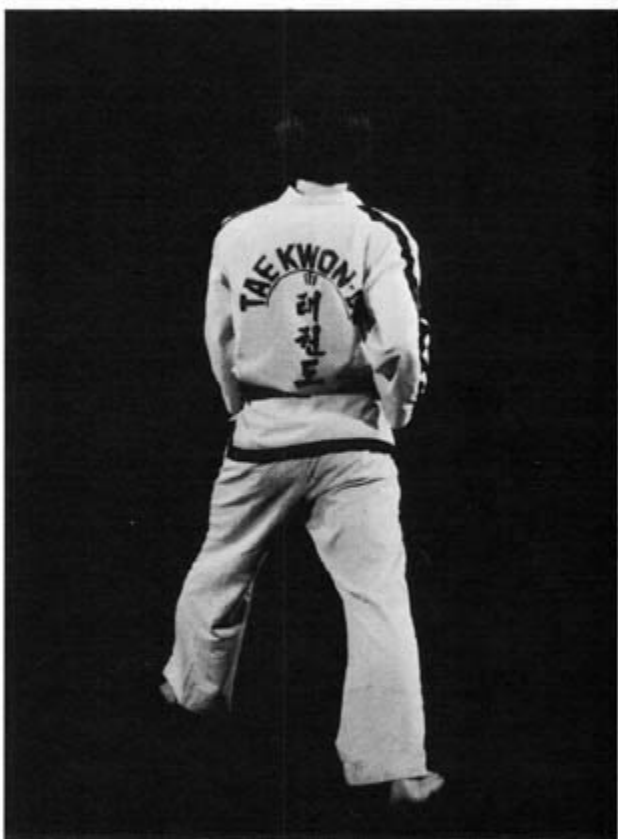
Previous Posture



Application



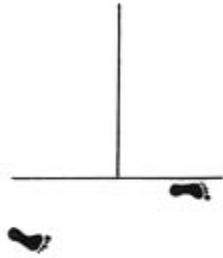
13. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.



Left walking stance forearm
low block toward C.

Previous Posture

Application



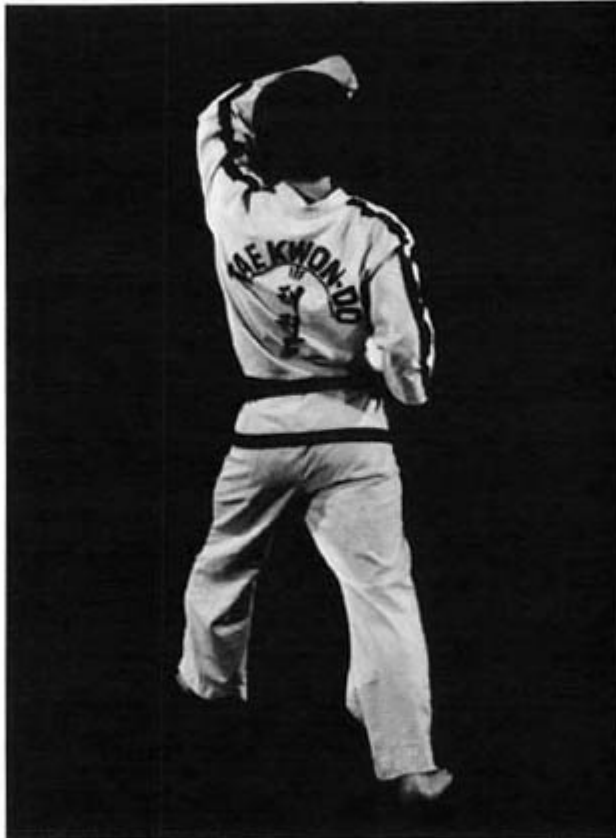
Top View



Other View



14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.



Left walking stance forearm rising block toward C.



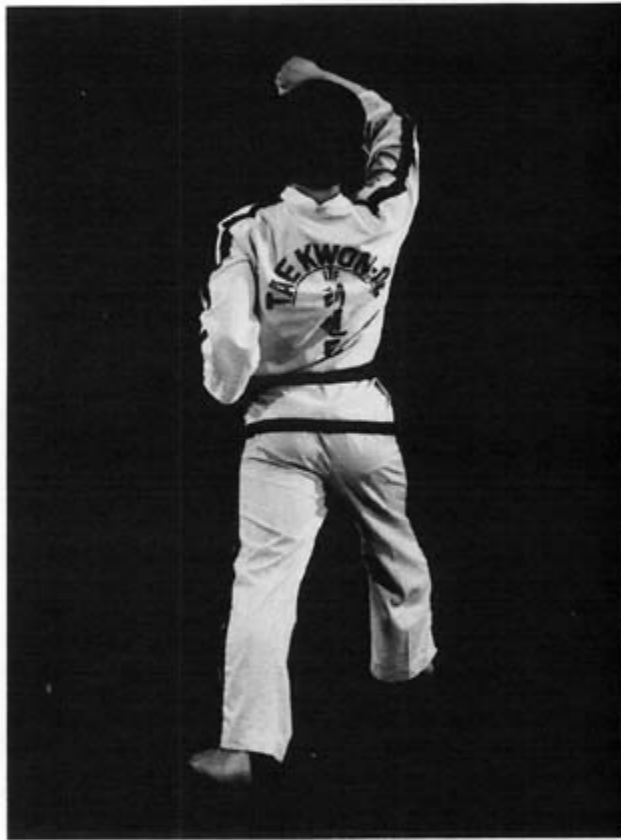
Previous Posture

Keep the right heel slightly off the ground.



Other View

15. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.



Right walking stance forearm
rising block toward C.



Previous Posture



Other View

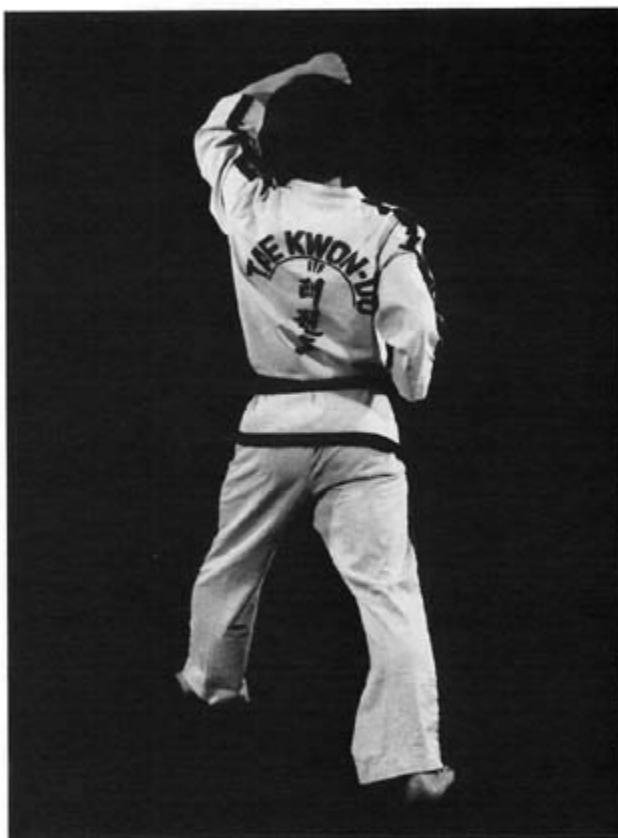


Application



Side View

16. Move the left foot to C, forming a left walking stance toward C while executing a rising block with the left forearm.



Left walking stance forearm
rising block toward C.

Previous Posture



Other View

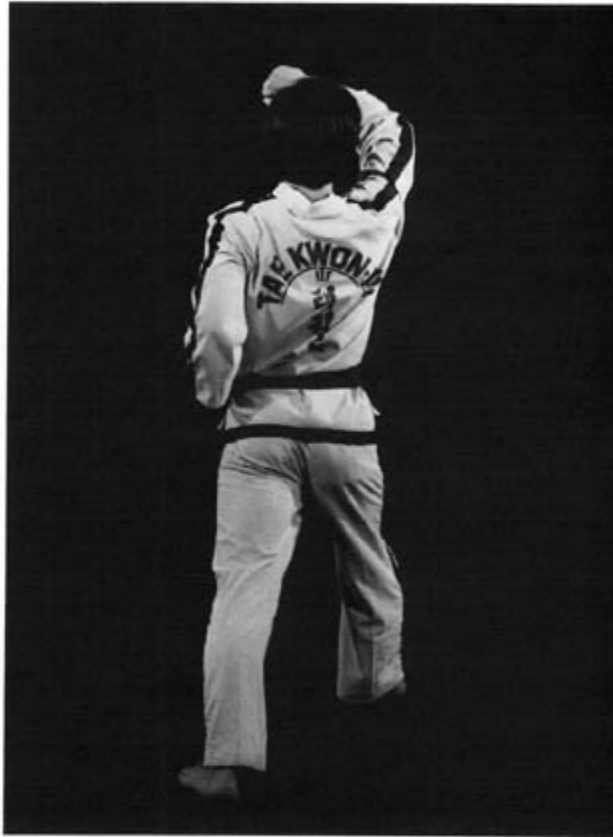


Application



Side View

17. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.



Right walking stance forearm rising block toward C.

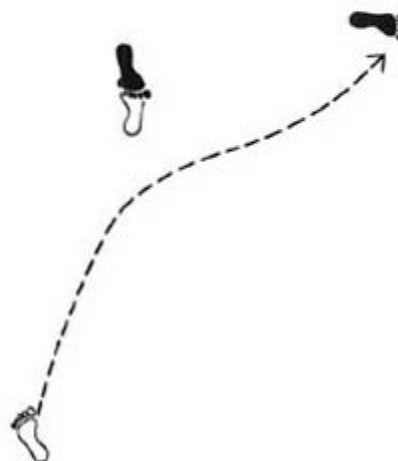
Previous Posture



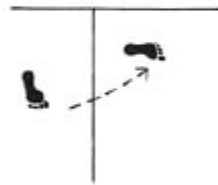
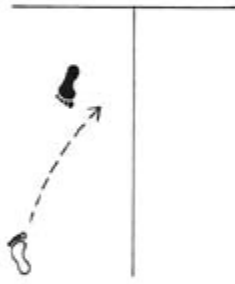
18. Move the left foot to B, turning counter-clockwise to form a right L stance toward B while executing a middle strike to B with the left knife-hand.



Right L-stance middle strike with a knife-hand toward B.



Previous Posture



Application Side

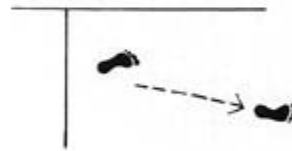
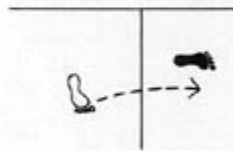
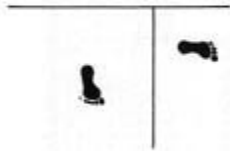


19. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.

Right walking stance middle punch toward B.



Previous Posture

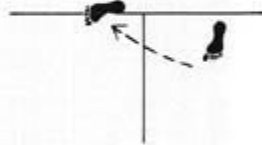
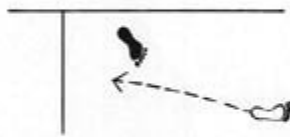


20. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle strike to A with the right knife-hand.

Left L-stance middle side strike with a knife-hand toward A.



Previous Posture



Application



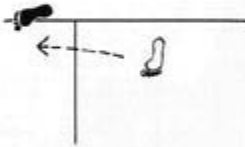
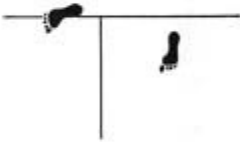
21. Move the left foot to A, forming a left walking stance toward A, at the same time executing a high punch to A with the left foot.



Left walking stance
high punch toward A.



Previous Posture

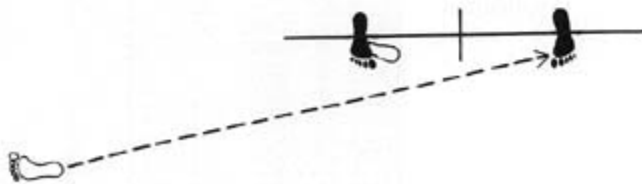
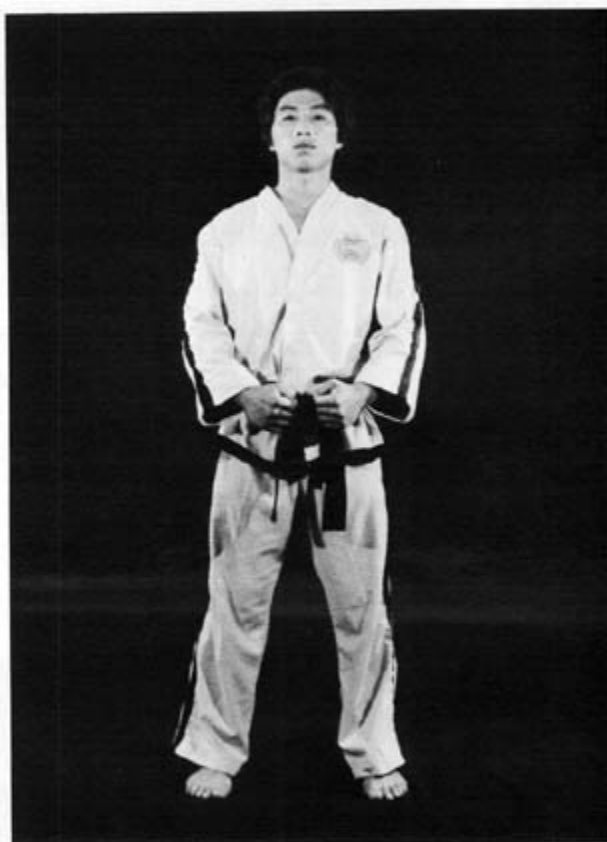


Application



END: Bring the left foot back to a ready posture.

Parallel ready stance toward D.



Previous Posture



Side View



**ADDITIONAL TECHNIQUES
FOR
PATTERN DAN-GUN**

Walking Stance High Punch (*Gunnun So Nopunde Jirugi*)

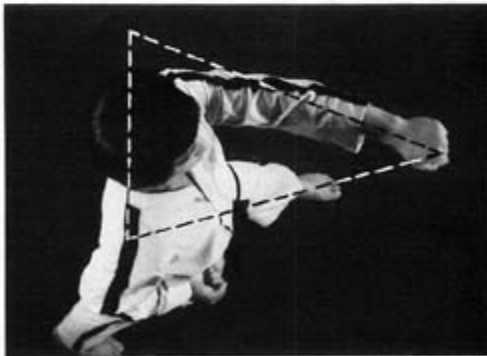
Front View



Back View



Side View



Top View

- * 1. The fist reaches the eye level of the attacker.
- 2. The fist is brought to the center of the attacker's body.

L-Stance Knife-hand Guarding Block

(Niunja So Sonkal Daebi Makgi)

Front View



Side View

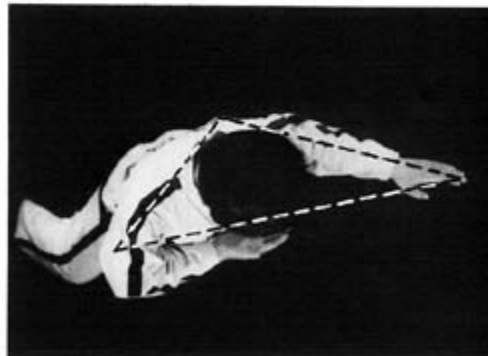


- * 1. Fingertip reaches the same level as the shoulder of the defender.
- 2. Knife-hand becomes half facing the opponent.

Back View



Top View



L-Stance Twin Forearm Block (*Niunja So Sang Palmok Makgi*)



Side View

The fist of the side blocking forearm usually reaches the same level as the shoulder of the defender.

Front View



Top View



Walking Stance Forearm Rising Block
(Gunnun So Palmok Chukyo Makgi)

Side View



Front View



The forearm stays at the center of the defender's forehead.

L- Stance Knife-hand Middle Side Strike
(Niunja So Sonkal Kaunde Yop Taerigi)



Side View

- * 1. The Knife-hand reaches the same level as the shoulder of the defender.
- 2. The body becomes half facing the opponent.



Top View