

Centerline Martial Arts

6th Gup Green Belt Testing Requirements



Physical Requirements For 6th Gup Green Belt Testing

Do-San

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.



Diagram: Right stair step
Moves: 24

Kicks

Side Pushing Kick (Yopcha Milgi)

Used to push opponent to create distance
Targets: Middle section of opponent's body
Attacking Tool: The footsword
Facing: Side
Location: Middle section
The kick uses only mass, no acceleration or power

Side Thrusting Kick (Yopcha Tulgi)

Used to attack an opponent out of reach of side piercing kick
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
Facing: Side
Location: Low, middle and high sections
The ball of the foot reaches the target in a straight line. The ankle is stretched outward at the moment of impact

Skip Side Piercing Kick (Duro Gamyo Yopcha Jirugi)

Used to attack an opponent to the flank
Targets: Temple, face, bridge of the nose, philtrum, upper neck, neck artery, armpit, heart, solar plexus, floating ribs, liver, spleen, knee joint, tibia and ankle joint
Attacking Tool: The footsword
Facing: Side
Location: Low, middle and high sections
Skipping motion is used to quickly close distance or when in pursuit of an opponent. A skip is never more than one shoulder length

Skip Side Turning Kick (Duro Gamyo Yop Dollyo Chagi)

Used to attack an opponent to the 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 and the instep
Facing: Side
Location: Low, middle and high sections

Skip Side Front Snap Kick (Duro Gamyo Yopap Cha Busigi)

Used to attack an opponent to the front

Targets: Sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, coccyx and inner thigh

Attacking Tool: The ball of the foot

Facing: Half

Location: Low and middle and sections

Skipping motion is used to quickly close distance or when in pursuit of an opponent. A skip is never more than one shoulder length

Flying Front Snap Kick (Twimyo Ap Chagi)

Used to attack an opponent to the front

Targets: Temple, face, bridge of the nose, philtrum, sternum, heart, epigastrium, solar plexus

Attacking Tool: The ball of the foot

Facing: Full and half

Location: High sections

Kick is executed at the apex of jump. Non-kicking foot should be tucked.

Hand Techniques:

Outer Forearm Side Block (Bakat Palmok Yop Makgi)

Used to block attack to the high section of the body

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

Blocking Tool: Outer forearm

Facing: Half and side

Stances: Walking

Straight Fingertip Thrust (Dung Joomuk Taerigi)

Used to attack solar plexus or abdomen

Target: Solar plexus or abdomen

Blocking Tool: The fingertips of the forefinger, middle and ring fingers

Facing: Full

Stances: Walking

The palm of striking hand faces inward at moment of impact. The palm of opposite hand is used simultaneously to block opponents attack

Back Fist Side Strike (Dung Joomuk Yop Taerigi)

Used to attack opponent at the front or side

Target: Skull, forehead, temple and philtrum

Blocking Tool: Back of main knuckles of forefinger and middle finger

Facing: Half and side

Stances: Walking, L, sitting, and X

Back fist should be half facing and arm slightly bent at moment of impact

Outer Forearm Wedging Block (Bakat Palmok Hechyo Makgi)

Used to block twin fist vertical punch, twin fore-knuckle fist punch, twin knife hand inward strike or grab to the head

Target: Inner forearm, outer forearm, back forearm and Achilles' tendon

Blocking Tool: The outer forearms

Facing: Full

Stances: Walking, sitting and parallel

The block should not be more than one shoulder width

Ho Sin Sul

- Single choke from front (attack)
- Double choke from front (attack)
- Single choke from rear (attack)
- Double choke from rear (attack)
- Throw against forefist punch
- Throw against front snap kick
- Basic understanding of pressure points
 - Aggressive – When/Why/How
 - Passive – When/Why/How

Breaking

- Power Foot Break – Select one
 - Skip side piercing kick
 - Skid side front snap kick

- Technique Foot Break
 - Flying front snap kick

- Hand Break – Select one
 - Outward knife hand strike
 - Side strike with backfist

Step Sparring

3 Step (Sambo Matsogi)

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

2 Step

Charyot:

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 and **Ki-ap**

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

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

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

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

Third Attack: Step back into right walking Stance – Middle obverse front punch with forefist

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

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

Toes to Middle of Foot



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 and **Ki-ap**

Toes to Ball of the Foot



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 and **Ki-ap**

Routine 3:

First Attack: step forward into right walking stance – Twin inward knife hand strike

First Defense: Step back into left walking stance – Outer forearm wedging block

Second Attack: Step forward into left walking stance – Twin inward knife hand strike

Second Defense: Step back into right walking stance – Outer forearm wedging block

Third Attack: Step forward into right walking stance – Twin inward knife hand strike

Third Defense: Step back into left walking stance – Outer forearm wedging block

Counterattack: Simultaneously with final defense, Middle lead front snap kick and **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.

Step Sparring

2 Step (Ibo Matsogi)

Charvot: Face each other and bow

First Junbi:

Simultaneously the defender and attacker step into Parallel Ready Stance, defender steps with left foot

Instructions:

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

Second Junbi:

The attacker will always step back into an L-Stance executing a Middle Guarding Block with the Outer Forearm.

The attacker will Ki-ap to signal ready to attack

The defender will either remain in Parallel Ready Stance or *simultaneously* step back into an L-Stance, Middle Guarding Block with Outer Forearm with Ki-ap

Attack/Defense:

Routine 1:

First Attack: From right L-stance - Low right front snap kick

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

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

Second Defense: Step back into left walking stance – Outer forearm side block

Counterattack: Simultaneously with final defense, stepping with the right foot into a Sitting Stance - Back fist side strike with Ki-ap

Routine 2:

First Attack: From parallel ready stance – step forward into right walking stance execute an obverse downward knife hand strike

First Defense: From parallel ready stance step backwards into Left walking stance – Forming high forearm guarding block

Second Attack: Stepping forward into Right Walking Stance – Middle obverse front punch with the right forefist

Second Defense: Maintaining Left L-Stance – Outer forearm side block

Counterattack: Simultaneously with final defense , Side thrusting kick – Setting foot down in left L-stance with Ki-ap

Counterattack:

*Ki-ap on last counterattack.

*If the counterattack is kick first step down into an L-Stance, Middle Guarding Block then **back** to Baro.

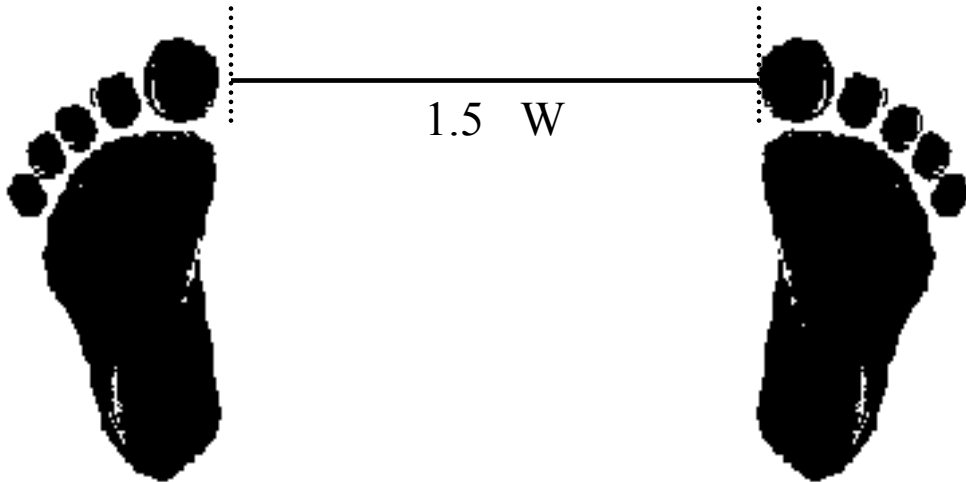
Baro:

Defender steps backward, attacker steps forward *simultaneously* into Parallel Ready Stance.

Next Routine:

The partners switch roles, and the next routine begins at “Instructions”.

Sitting Stance (Annum Sogi)



Length: 0.0 shoulder width

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

Width: 1.5 shoulder width

Measured From: **Front:** Inside big toe
 Rear: Inside big toe

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

Available Facings: Full or Side

Additional Notes: Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

Required Knowledge:

Do-San

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.



Diagram: Right stair step
Moves: 24

The Meaning of Green Belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

The Nine Reasons For Practicing Courtesy

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, co tempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave according to etiquette.
7. To respect others possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

Opening And Closing Ceremony For A Takewon-Do Class

Opening Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow

Closing Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow
Boo Sa-bum Nim Gae	-- Face the assistant instructor
Kyong-ye	-- Bow
Eesang	-- Dismissed
Ko-map Sum-nee-da	-- Thank you very much

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

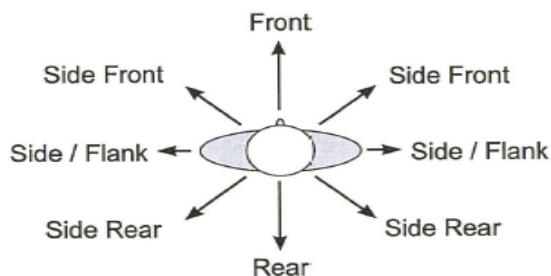
Etiquette

- 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.

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

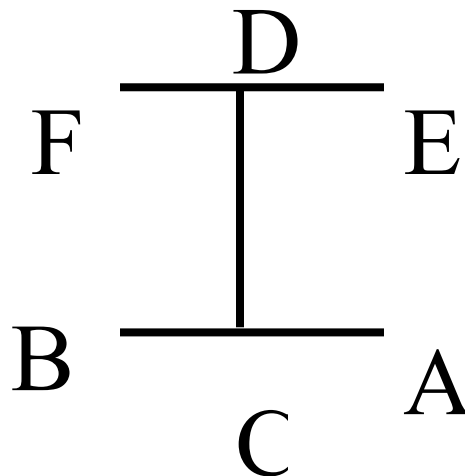
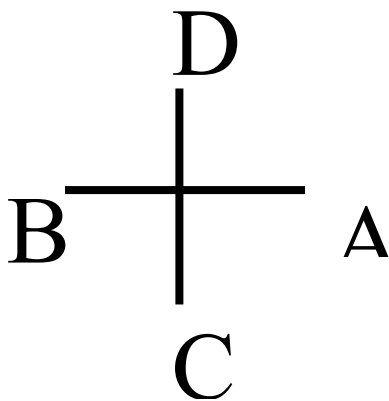
Courtesy (Ue-Ui)
Integrity (Yom-Chi)
Perseverance (In-Nae)
Self-Control (Guk-Gi)
Indomitable Spirit (Baek-Jul-Gool)

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.



Attention Stance (Charyot Sogi)



Length: 0.0 shoulder width

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

Width: 0.0 shoulder width

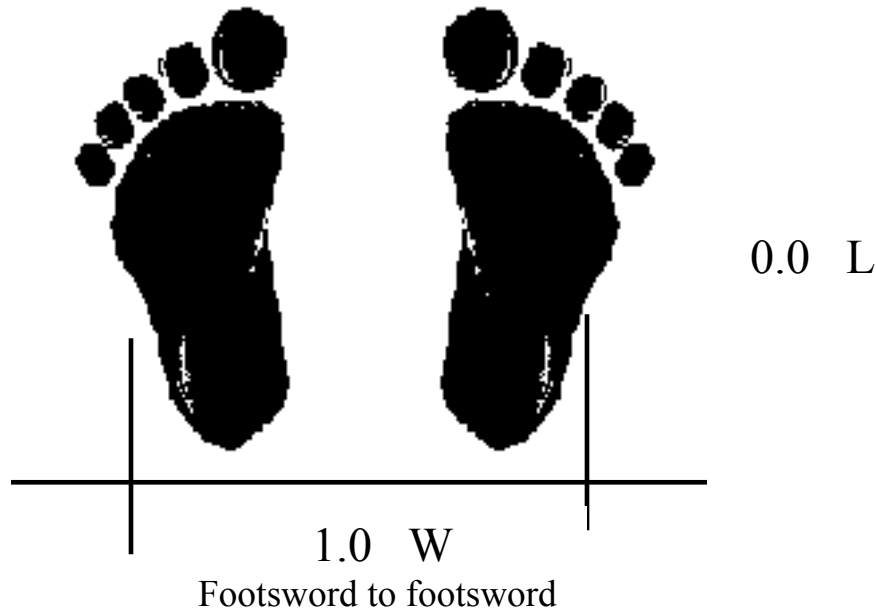
Measured From: **Front:** N/A
 Rear: N/A

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

Available Facings: Full

Additional Notes: The heels of the feet are together forming a 45° 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.

Parallel Ready Stance (Narani Junbi Sogi)



Length: 0.0 shoulder width

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

Width: 1.0 shoulder width

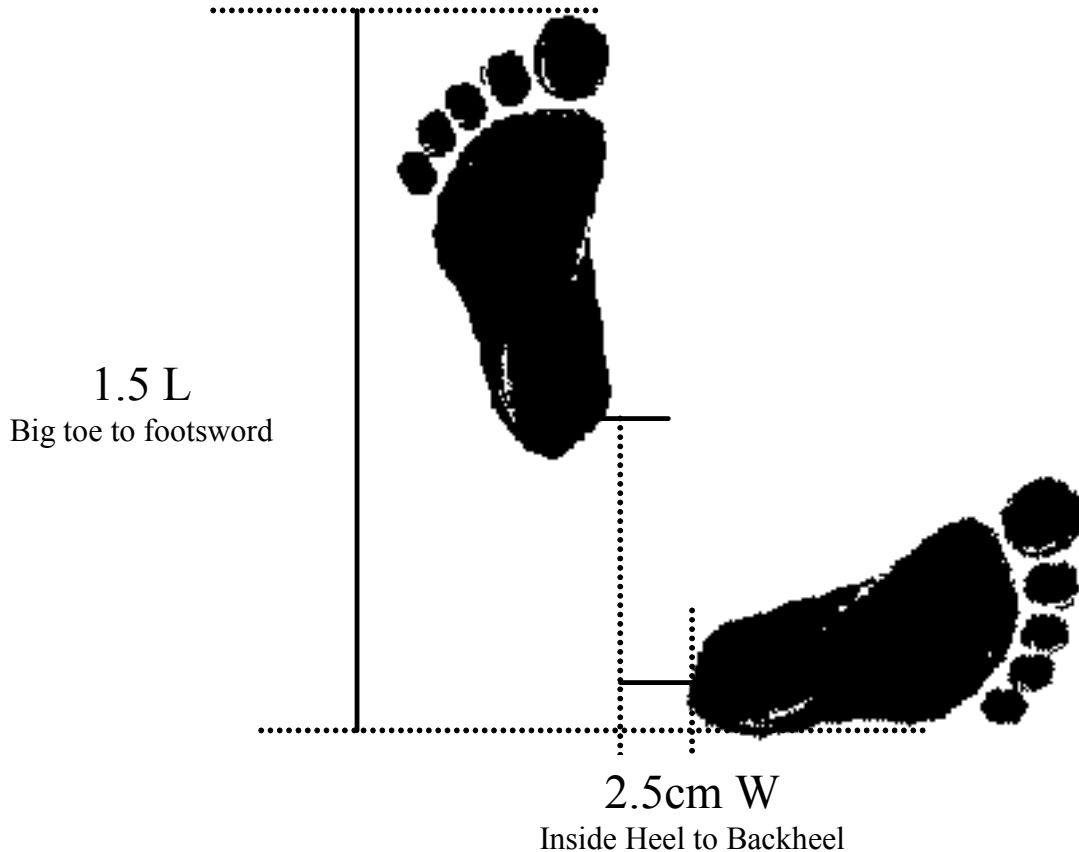
Measured From: **Front:** Footsword
 Rear: Footsword

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°

L – Stance (Niunja Sogi)



Length: 1.5 shoulder width

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

Width: 2.5cm/1 inch

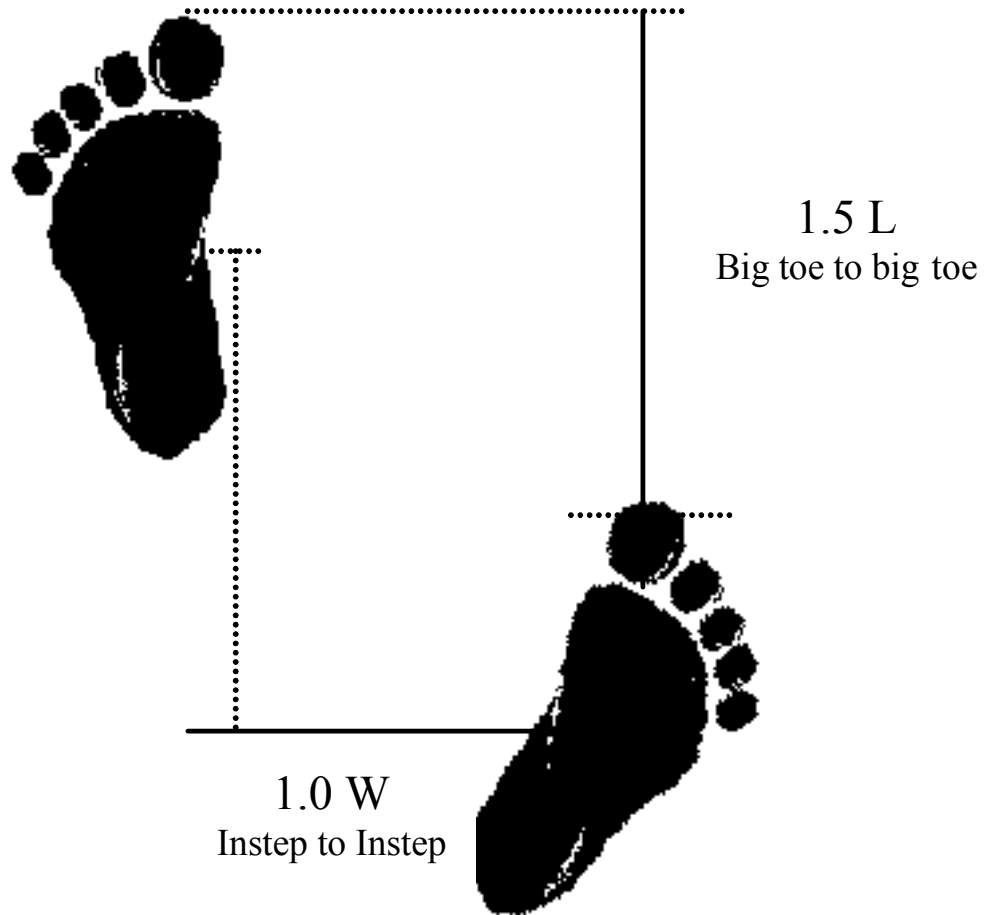
Measured From: **Front:** Inside heel
 Rear: Backheel

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.

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 DO-SAN (*Do-San Tul*)

This pattern is practised by the 7th grade holder and above.

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.

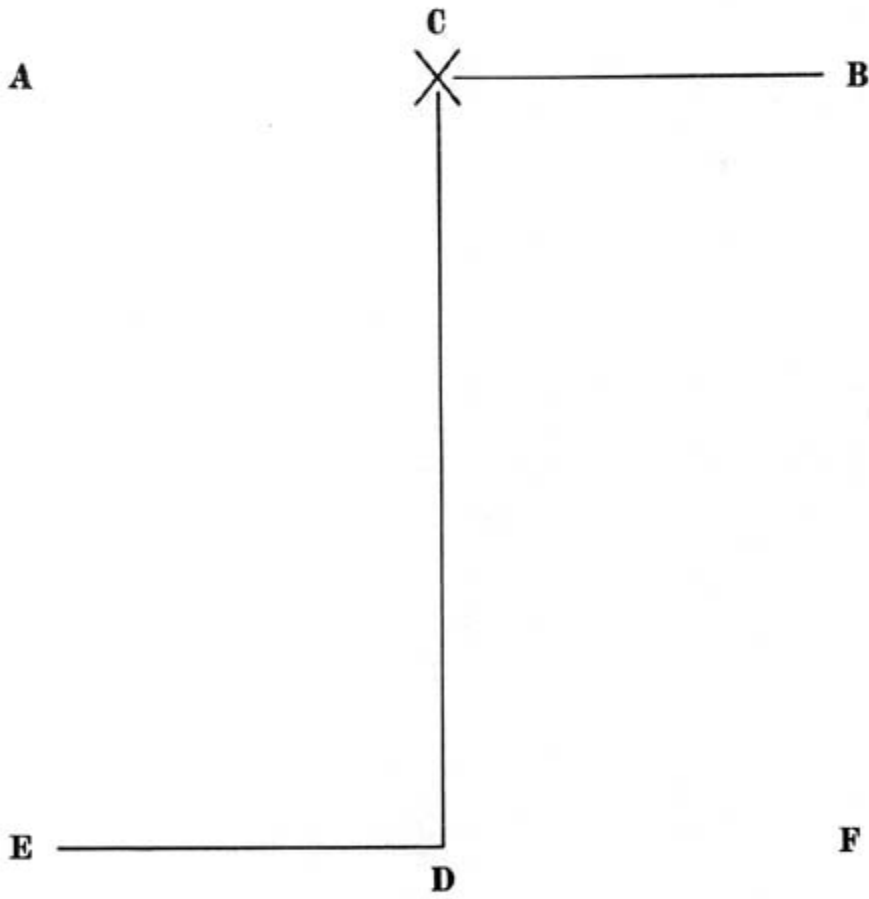
DIAGRAM: 

MOVEMENTS: 24

READY POSTURE: PARALLEL READY STANCE

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

DIAGRAM (*Yon Moo Son*)

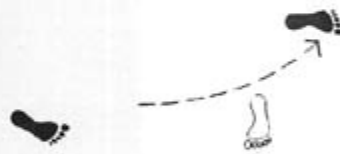


Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.



Left walking stance outer forearm
high side block toward B.

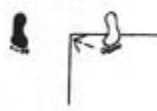
Front View

The forearm becomes half facing the opponent.



Keep the back forearms crossed in front of the right chest, placing the blocking arm on the other.

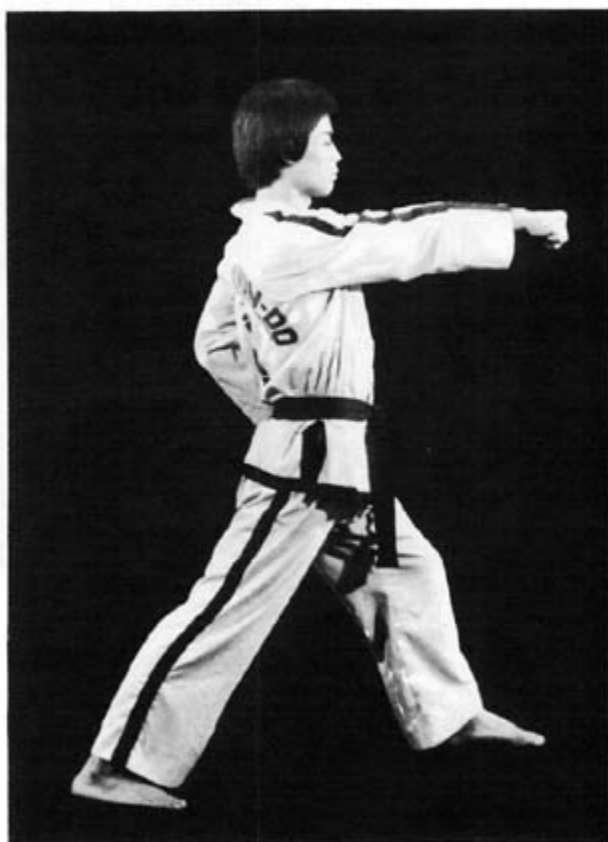
Ready Posture



Application



2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.

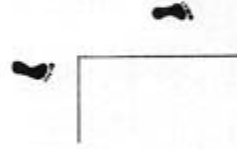
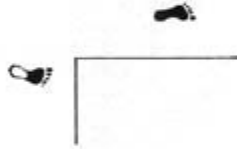


Left walking stance middle punch toward B.

Previous Posture



Keep the right heel slightly off the ground.



Application



3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm



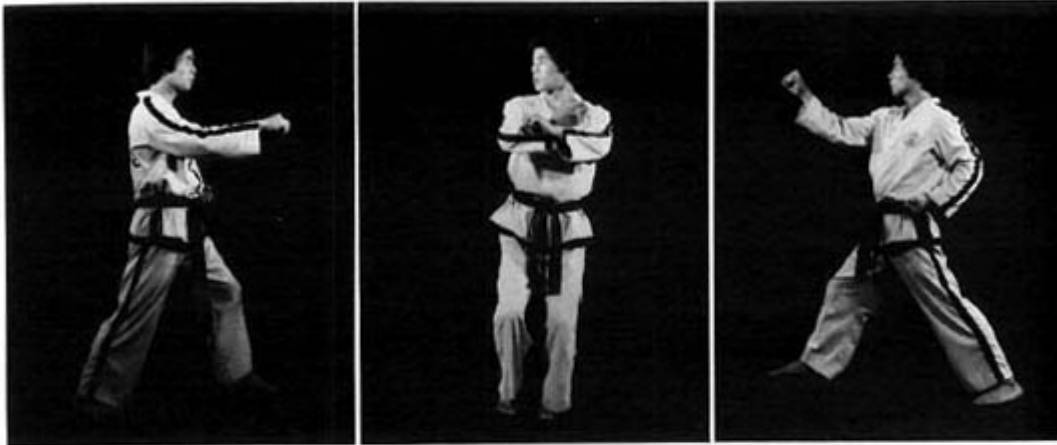
Right walking stance outer forearm high side block toward A.

Previous Posture



Keep the left heel slightly off the ground.

Keep the back forearms crossed in front of the left chest, placing the blocking one on the other.



Side View

Application



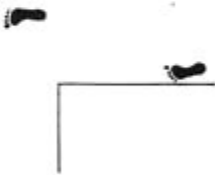
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.



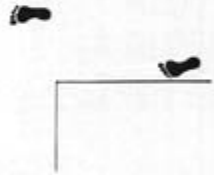
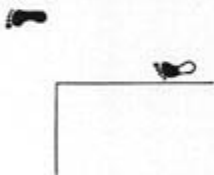
Right walking stance middle punch toward A.



Previous Posture



Keep the left heel slightly off the ground.



5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.



Previous Posture



Application



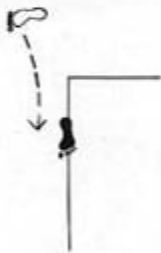
Side View

6. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.



Right walking stance straight fingertip thrust toward D.

Previous Posture



Application



Side View

7. Twist the right knife-hand together with the body counter-clockwise until its palm faces downward and then move the left foot to **D**, turning counter-clockwise to form a left walking stance toward **D** while executing a high side strike to **D** with the left back fist.



Left walking stance back fist
high side strike toward **D**.



Previous Posture



Keep the back fists faced upward, placing the striking one under the other.



Keep pivoting with both feet.

Top View



Side View

Application of No. 7

Side View



Wrist is grabbed.

Wrist is released.

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



Right walking stance back fist
high side strike toward D.



Previous Posture



Keep the back fist facing upward, placing the striking one under the other.

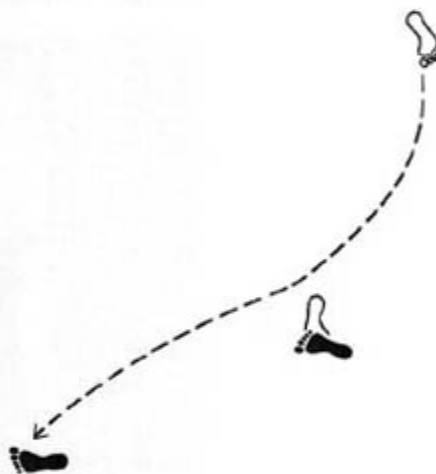


Application

9. Move the left foot to E, turning counter-clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.



Left walking stance outer forearm
high side block toward E.



Keep the back forearms
crossed in front of the right
chest, placing the blocking one
on the other.

Previous Posture



Application



10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.



Left walking stance middle punch toward E.

Previous Posture



Keep the right heel slightly off the ground.



Application

11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.

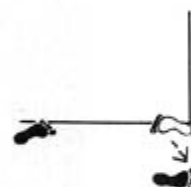


Right walking stance outer forearm
high side block toward F.

Previous Posture



Keep the left heel slightly off the ground.



Application



12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.



Right walking stance middle punch toward F.



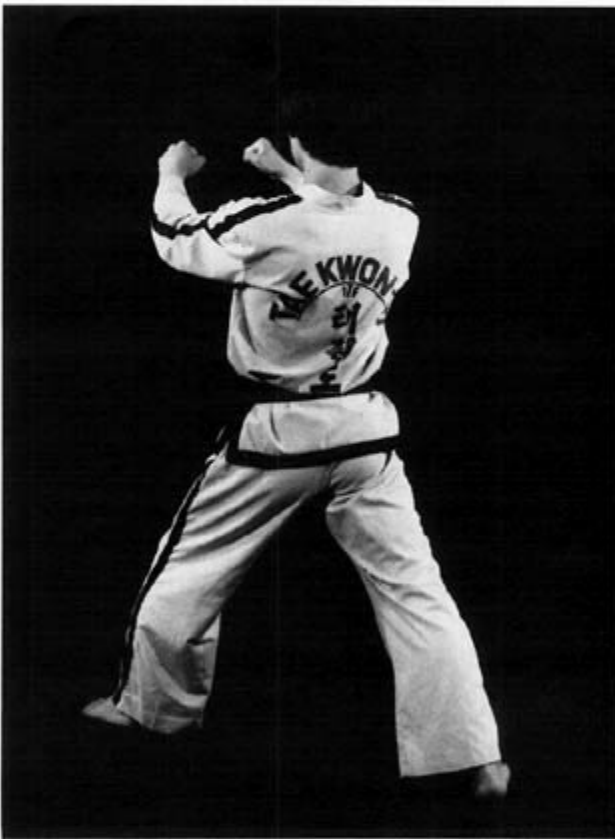
Previous Posture



Keep the left heel slightly off the ground.



13. Move the left foot to CE, forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.



Left walking stance outer forearm high wedging block toward CE.

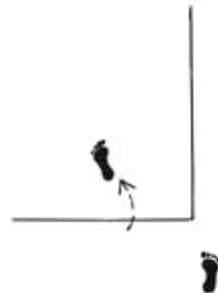
Previous Posture



Application



Side View



Keep both back fists facing the opponent.



Top View



Previous Posture

14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.



Middle front snap kick to CE with the right foot.



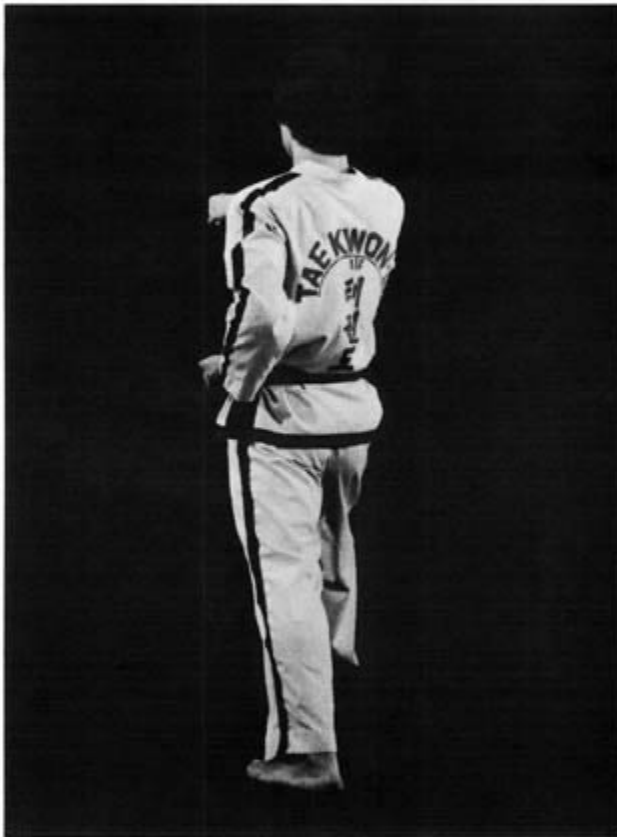
Application



Side View



15. Lower the right foot to CE, forming a right walking stance toward CE while executing a middle punch to CE with the right fist.



Right walking stance middle punch toward CE.



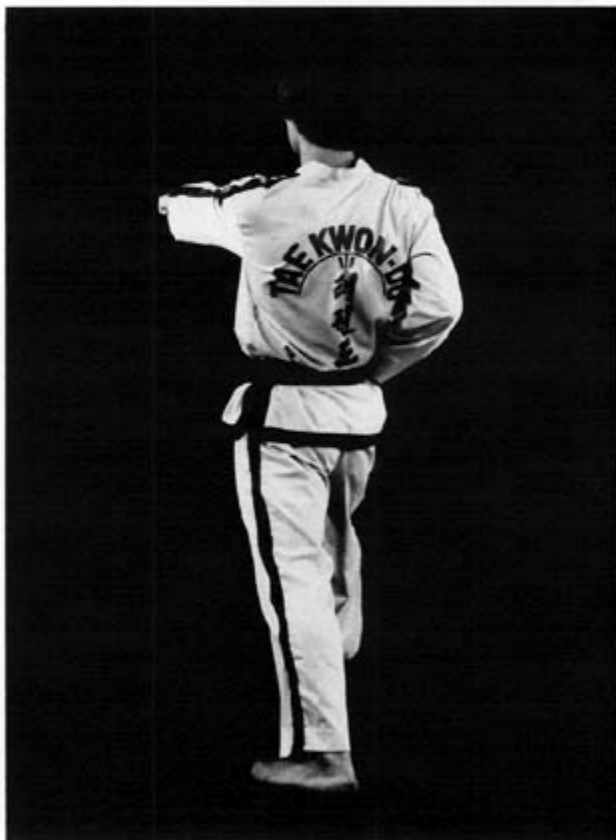
Previous Posture



Side View



- 16.** Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE.
Perform 15 and 16 in a fast motion.



Right walking stance middle punch toward CE.



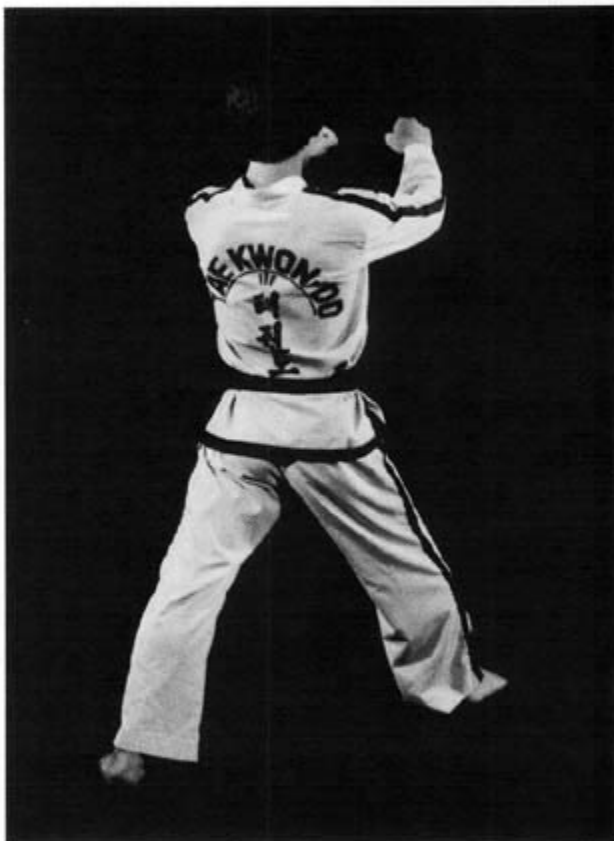
Previous Posture

Keep the left heel slightly off the ground.



Side View

17. Move the right foot to CF, forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.



Right walking stance outer forearm high wedging block toward CF.





Previous Posture

Keep both back fists facing the opponent.



Side View



18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.



Previous Posture



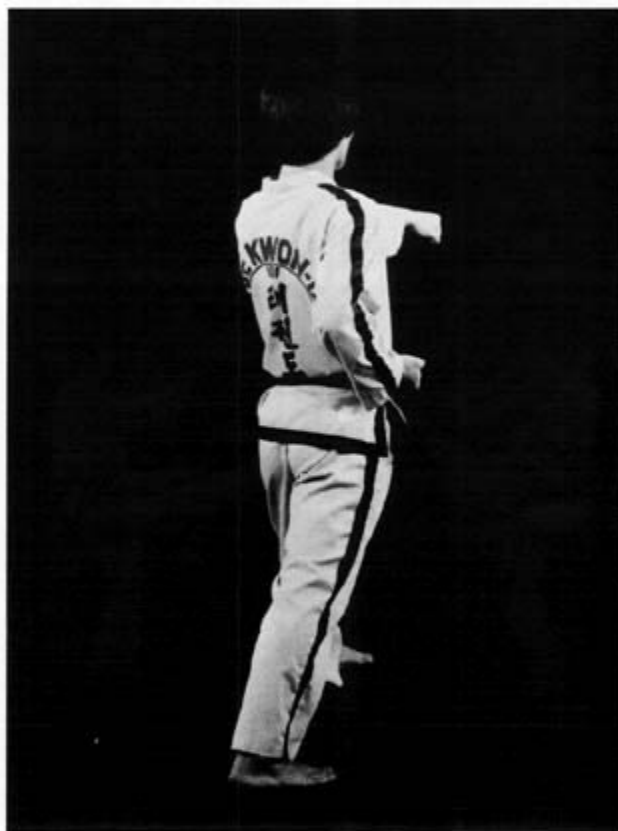
Right walking stance middle front snap kick toward CF with the left foot.



Side View



19. Lower the left foot to CF, forming a left walking stance toward CF while executing a middle punch to CF with the left fist.



Left walking stance middle punch toward CF.

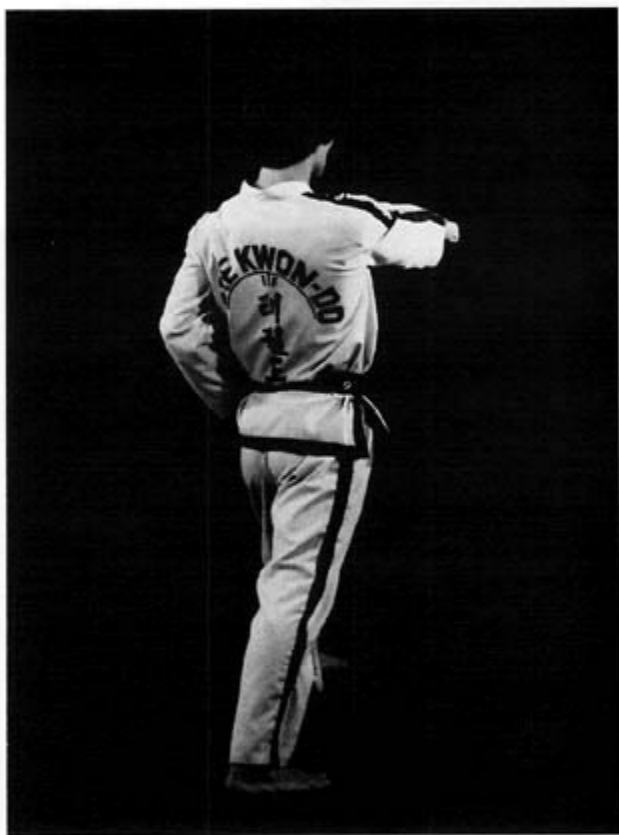
Previous Posture



Side View



- 20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.**



Left walking stance middle punch toward CF.

Previous Posture



Keep the right heel slightly off the ground.

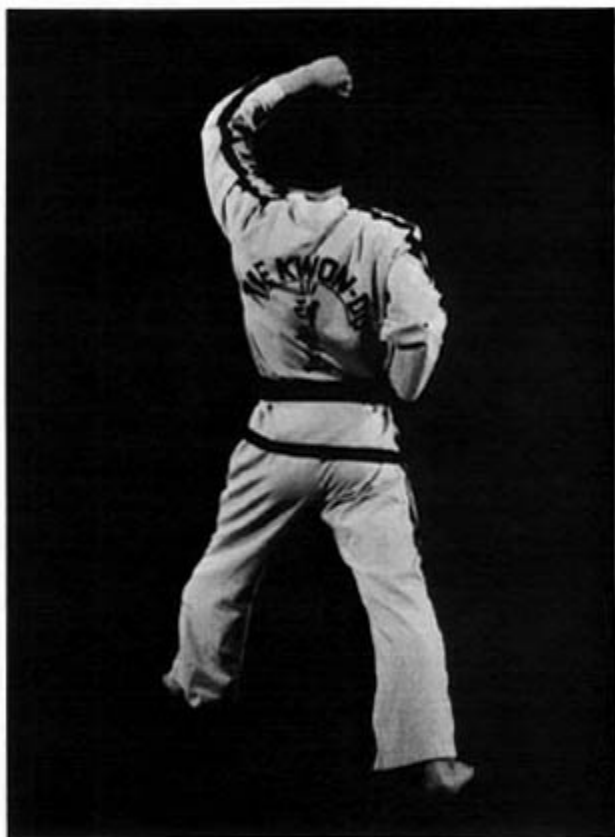


Side View



Top View

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



Left walking stance forearm
rising block toward C.

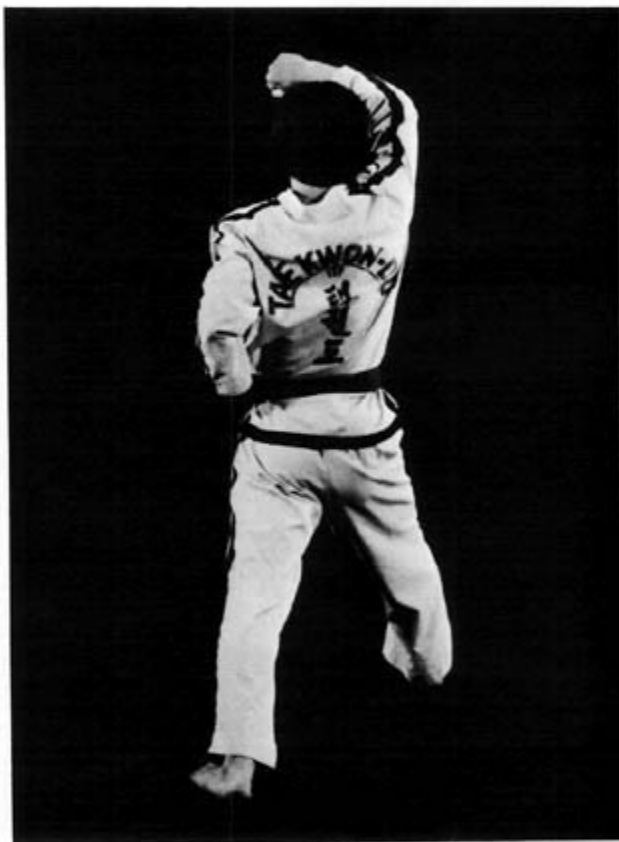
Previous Posture



Other View



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



Right walking stance forearm
rising block toward C.

Previous Posture



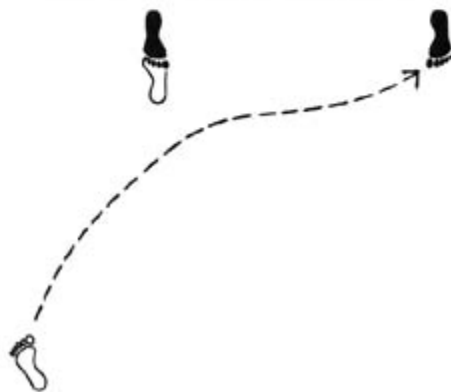
Other View



23. Move the left foot to B, turning counter-clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.



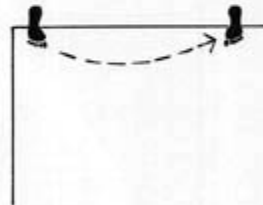
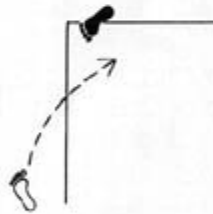
Sitting stance knife-hand side strike toward D.



Previous Posture



**Keep the back forearms
crossed in front of the right
chest, placing the left forearm
on the right forearm.**



Previous Posture



24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

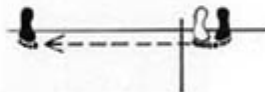
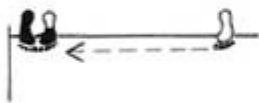


Sitting stance knife-hand side strike toward D.



Keep the left heel slightly off the ground.

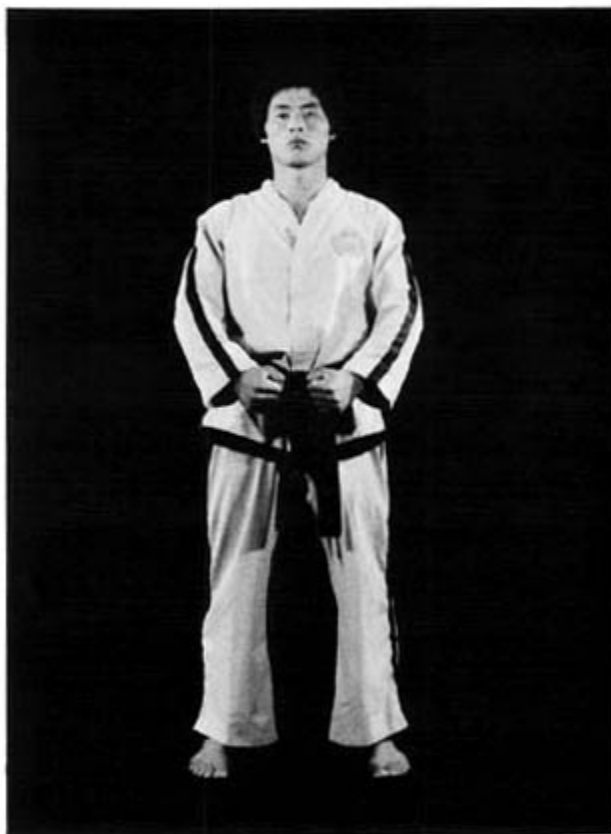
Keep the back forearms crossed in front of the left chest, placing the right forearm on the left forearm.



Application



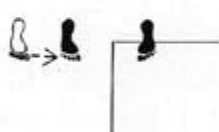
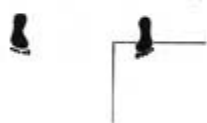
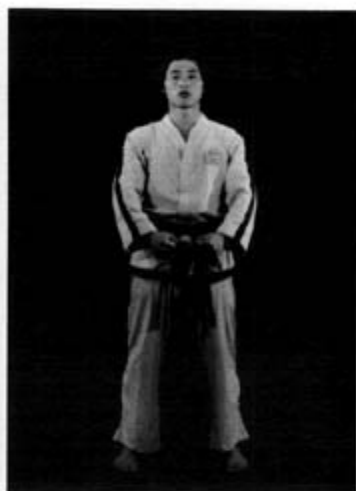
END: Bring the right foot back to a ready posture.



Parallel ready stance toward D.



Previous Posture



Top View

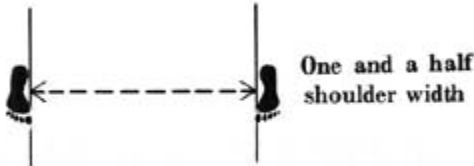
Side View



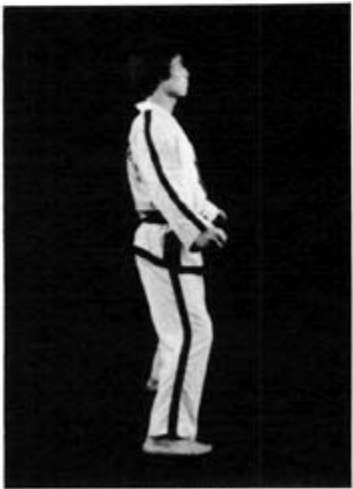
**ADDITIONAL TECHNIQUES
FOR
PATTERN DO-SAN**

Sitting Stance (*Annun Sogi*)

Front View



Side View



Back View



Walking Stance Outer Forearm High Side Block
(*Gunnun So Bakat Palmok Nopunde Yop Makgi*)



Front View



Side View

- * 1. The fist reaches the eye level of the defender.
- 2. The fist forms a triangle with the shoulders.

Top View



Back View



Straight Fingertip Thrust (*Sun Sonkut Tulgi*)



Front View



Side View

Walking Stance Back Fist High Side Strike (*Gunnun So Dung Joomuk Nopunde Yop Taerigi*)



Front View



Side View

- * 1. The forefist reaches the eye level of the attacker.
- 2. The body becomes half facing the opponent.
- 3. The fist becomes half facing the opponent.

Walking Stance Outer Forearm High Wedging Block
(Gunnun So Bakat Palmok Nopunde Hechyo Makgi)



Front View



Side View

Top View



- * 1. The distance between the fists is equal to one shoulder width.
- 2. The fist reaches the same level as the eyes of the defender.

Middle Front Snap Kick (*Kaunde Apcha Busigi*)



Front View



- * 1. The ball of the foot is the attacking tool.
- 2. The attacking tool reaches the same level as the solar plexus of the attacker.

Sitting Stance Knife-hand Side Strike (*Annun So Sonkal Yop Taerigi*)

Side View



Front View



The body becomes flank facing the opponent.

Spot Turning (*Gujari Dolgi*)

Right walking stance toward D.

Left foot is moved on line CD.



Right foot is moved on line CD.



The stance has been changed into a left walking stance toward C.



