



7

GREEN STRIPE

TO

6

GREEN BELT



INTERMEDIATE EDUCATIONAL REQUIREMENTS

Pattern: DO-SAN

24 Moves

DO-SAN READY POSITION

Parallel Ready Stance

MEANING

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 its independence movement.

Describe the “basic theory of power”

Mass X Speed = Force

What does a Green Belt represent?

The green of the trees, indicating the student is growing to reach great heights as his/her Taekwon-Do skills develop.

Study Korean Terminology

Attention: Charyot

Bow: Kyong Ye

Ready: Joon Be

Start: She Jak

Stop: Ko Man

Instructor: Sabum nim

Uniform: Do Bok

School: Do Jang

Degree: Dan

Grade: Gup

Describe “fast” motion

2 techniques, 2 sine-waves, 2 breathes, 1 1/2 beats. Use a “sharp” completed motion for each move. Usually associated with punches or strikes.