

GREEN STRIPE to GREEN BELT

PATTERN:

DO SAN TUL

SELF-DEFENSE:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

ONE STEP SPARRING:

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KICKING COMBINATIONS:

Skipping Side Kick, Reverse Hooking Kick

FREE SPARRING:

Against 1 Partner

BREAKING:

Back kick or Turning kick

QUESTIONS:

You will be required to answer the following:

1. What is the difference between Taekwon-Do and other martial arts?

There are many fundamental differences between Taekwon-Do and other martial arts. Obviously, Taekwon-Do has a Korean origin whereas other martial arts such as Kung-fu and Shotokan developed in China and Japan respectively. But, there are three MAJOR differences that separate Taekwon-Do from most martial arts.

- 1. Taekwon-Do introduced high section kicking and jumping techniques. Prior to Taekwon-Do, kicking techniques were aimed at or below the waist level.**
- 2. Taekwon-Do incorporates a SINE WAVE. This up and down motion helps the practitioner develop more power. The Sine Wave is very apparent in the Taekwon-Do patterns (Tuls).**
- 3. Taekwon-Do utilizes the entire body in order to execute a block or strike. The use of the hips, shoulders and knees also aids the Taekwon-Do practitioner in developing more power.**

2. What is the meaning of 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 its independence movement.

3. How many movements are in DO-SAN?

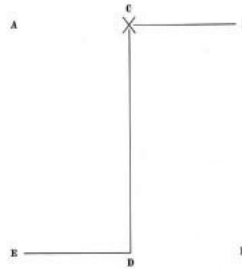
24 movements

DO SAN

Movements – 24

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing 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.



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



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.



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



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.



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.



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.



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 back fist.



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.



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



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.



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



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.



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



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.



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.



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.



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



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.



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.



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.



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



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.



All candidates must obtain USTC membership prior to testing.

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.



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

