



Theory for your fourth grading

(Current belt: Green Tag 7th Kup
Grading for: Green Belt 6th Kup)

Do San is the **pseudonym** (pen name) of the patriot **Ahn Ch'ang Ho**. This means that things he wrote were published under the name "**Do San**" rather than his actual name. He spent his entire life which he devoted to furthering the education of Korea and its independence movement. The pattern has **24 movements** which represent the 24 years which the battle for Korean independence lasted for.

The colour **green** signifies the growth of a plant as a student's Tae Kwon-Do skills develop.

Why do we practise padwork?

To build **stamina** and **power** and improve our techniques.

What is the difference between a thrust and a strike?

A **thrust** is generally performed using **fingertips** in a **straight delivery** whilst a **strike** uses **other parts of the hand** in **different directions**.

What type of punch is the second movement in Do San?

The second movement is a **reverse punch** as opposed to an obverse punch.

New techniques in Do San: **High block:** outwards facing middle block level with the eyes.

Wedging block: used to release a grab on both shoulders.

Fingertip thrust release: used to release a hand grab.

Backfist strike: attacking technique aimed towards the temples.