



Green Tag Cheat Sheet

Everything you need for your 7th Kup grading · Pattern: Do-San



The Pattern — Do-San

24 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Parallel Ready Stance

MEANING

Do-San is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.



Pattern Movements

24 MOVES

- | | | |
|--|---|---|
| 1. Outer Forearm Block
(High · W · Left 90°) | 9. Outer Forearm Block
(High · W · Left 270°) | 17. Wedging Block
(High · W · Right 90°) |
| 2. Reverse Punch
(Middle · W) | 10. Reverse Punch
(Middle · W) | 18. Front Snap Kick
(Middle · Forward) |
| 3. Outer Forearm Block
(High · W · Right 180°) | 11. Outer Forearm
Block (High · W · Right
180°) | 19. Obverse Punch
(Middle · W) |
| 4. Reverse Punch
(Middle · W) | 12. Reverse Punch
(Middle · W) | 20. Reverse Punch
(Middle · W) |
| 5. Knife Hand Guarding
Block (Middle · L · Left
90°) | 13. Wedging Block
(High · W · Left 135°) | 21. Rising Block (High ·
W · Left 45°) |
| 6. Straight Fingertip
Thrust (Middle · W ·
Forward) | 14. Front Snap Kick
(Middle · Forward) | 22. Rising Block (High ·
W · Forward) |
| 7. Release Move / Back
Fist Side Strike (High ·
W · Left 360°) | 15. Obverse Punch
(Middle · W) | 23. Knife Hand Strike
(Middle · S · Left 270°) |
| 8. Back Fist Side Strike
(High · W · Forward) | 16. Reverse Punch
(Middle · W) | 24. Knife Hand Strike
(Middle · S · Foot to Foot
(Right)) |

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance ·
BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance ·
Self-Control · Indomitable Spirit

MEANING OF THE BELT

The plant's growth as the Tae
Kwon-Do skills begin to develop

THEORY OF POWER

Reaction Force · Concentration ·
Equilibrium · Breath Control · Mass ·
Speed



Korean Terms — This Grade

9 TERMS

KOREAN	ENGLISH
Nopunde Bakat Palmok Makgi	High Outer Forearm Block
Kaunde Sonkal Daebi Makgi	Middle Knife Hand Guarding Block
Hechyo Makgi	Wedging Block
Kaunde Bandae Jirugi	Middle Reverse Punch
Kaunde Sun Sonkut Tulgi	Middle Straight Finger Tip Thrust
Nopunde Dung Joomuk Taerigi	High Backfist Strike
Kaunde Apcha Busigi	Middle Front Snap Kick
Kaunde Baro Jirugi	Middle Obverse Punch
Jap Yasol Tae	Release Move



Line-Work For This Grading 8 DRILLS

1. Walking stance high outer forearm block, reverse punch
2. L stance knife hand guarding block
3. Wedging block, front kick, double punch
4. Turning kick, knife hand guarding block
5. Bending ready stance side kick, forearm guarding block
6. L stance knife hand strike
7. Walking stance straight fingertip thrust
8. Walking stance backfist strike



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Do-San, all 24 movements | ☐ Meaning of Do-San |
| ☐ 3 Step Sparring (Sambo Matsoki) | ☐ Line-work — all 8 drills |
| ☐ Korean terminology for this grade | ☐ The five tenets, in order |
| ☐ Theory of power, all six | ☐ Meaning of your belt colour |
| ☐ Dobok clean, belt tied properly | |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.



Drill this on the way to class

The Green Tag deck turns what's new at Green Tag into 12 printed quick-fire cards, posted to you. £8.99 at tkd-toolkit.com/shop. Decks are cumulative: buy the one for the belt you wear now, plus any earlier decks you don't have.

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