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## YELLOW BELT - GREEN STRIPE

Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

### PATTERN

Do-San

Do-San is the pseudonym of the patriot Ahn Ch'ang-Ho (1876 - 1938) who devoted his entire life to furthering the education of Korea and its independence movement. There are 24 movements in this pattern.

### TECHNIQUES

Sitting Stance

Hooking Kick (counter attack with front leg) - alone and with a partner

Finger tip thrust

Backfist

Wedging block

High side block

Combination kicks

### SELF DEFENSE

Agree

Reason

Chocking

Groin

### SPARRING

Counter turning kick

Combination: approach side, double punch, turning kick

3 Step-Sparring: Chong-Ji, Dan-Gun and Do-San (all with a partner)

2 Step-Sparring (7-12 year olds alone; 13 + with partner):

-See Step Sparring Appendix

### THEORY

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt

### BREAKING

Side kick (minimum 1 yellow board)

### TEST REQUIREMENTS

24 credits minimum

Online theory certificate

#### Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character Cards

Safety Equipment for sparring (head gear, hands, feet, mouth guard, groin protection)