Required Knowledge for 8th Grade – Gold Belt

Hyung: Do-San **Movements: 24** **Diagram:** 

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

Beginning Position: Parallel ready stance

End Position: Right foot moves to left foot

Significance: Sunrise of knowledge

Stance:

Fixed stance: Similar to L-stance except longer, about a foot's length. The front foot faces straight ahead, with knee bent and directly over the ankle, rear knee is straight, but not locked. The rear foot determines the stance.

Basic Defenses:

Defense #2: Two hand front choke (soft)

Defense #3: Side arm grab



(Microsoft Clip Art, May 31, 2016)

Techniques, Vocabulary, Questions

Hand Techniques:

Outer Forearm block, Wedging block, Back-fist, Spinning Back-Fist, Fingertip Strikes (Single, Double, Thumb, Spear, Flat, Upset finger)

Feet Technique:

Knee (vertical, horizontal), Crescent kick (inner and outer).

Soft Technique: Begin developing Sankyo, Increase fluidity of falls

One-step choreographed attack and defense # 1 through 5

Choreographed control free sparring: Led by the Instructor only.

Vocabulary:

Thank you – Komapsumnida, Stop – Koman, Begin – Sijak, Gym – Do Jang

Questions:

1. What does Do-San mean?
2. What are the Four Respects of Se Jong?
3. What is the purpose of the Kihop?
4. Who are considered experts in the martial arts?
5. What is the significance of a Gold Belt?