

# WEST COAST

## TAEKWONDO

### 7th<sup>th</sup> Kyp Grading Syllabus

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#### Line Work

1. Forwards: Walking stance, low block, rising block, reverse punch \*
2. Backwards: First two movement of pattern Do San
3. Forwards: Consecutive snap, turning, side kick, land forearm guarding block.
4. Backwards: Walking stance, obverse, reverse punch.
5. Forwards: Double side kick, forearm guarding block
6. Backwards: Wedging block
7. Forwards: Walking stance, straight sphere fingertip thrust
8. Backwards: Walking stance, palm heel strike

#### Patterns

- Dan Gun: <https://youtu.be/TGR4z5eHawY?si=s5HIP5SAmXc-BzX4>
- Do San: <https://youtu.be/V4H4agh64H8?si=aZN5KWNbGq0o5Llv>

#### Knowledge

What is the meaning of Green belt?	Green signifies the plant's growth as Tae Kwon-Do skills begin to develop.
What is the meaning of Do San?	DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938), who devoted his life to furthering the education of Korea and its independence movement.
What does self-control mean?	Self-control means not giving into temptation or impulse.
What is the weight distribution of an L stance?	70/30
What is the striking tool for an axe kick?	Back heel.
Show the examiner your back fist.	Point to it.