

# 07 | EXAM THEORY FROM YELLOW GREEN TO GREEN BELT

## Fundamental Movements

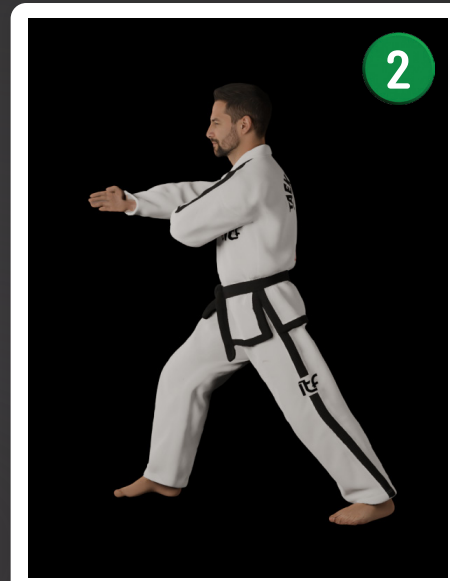
### The Kick



Hooking Kick  
*Goro Chagi*



1  
Walking Stance Outer Forearm High Side Block  
*Gunnun So Bakat Palmok Nopunde Yop Makgi*

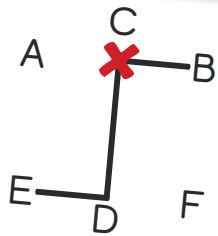


2  
Walking Stance Straight Fingertip Thrust  
*Gunnun So Sun Suncut Tulgi*



3  
Walking Stance Back Fist High Side Strike  
*Gunnun So Dung Joomuk Nopunde Yop Taerigi*

### Pattern (Tul)



Do-San

24 Movements

#### PURPOSES FOR JUMPING

1. To dodge or avoid an obstacle.
2. To Surprise the opponent.
3. To cover a protracted distance quickly.
4. To make two movements in one motion.
5. To Kick higher with no effort.

#### PURPOSE FOR PATTERNS

Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed and logical sequence. Pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements.

#### PURPOSE FOR BOARD BREAKING

Through breaking the student learns to clear his mind and remove obstacles that might normally detract from focused power. Using this same principle against a specific target a diligent student can learn to concentrate his resources with a minimum loss of energy. Breaking helps to measure the power of the techniques and gives precision to the student.

**DO-SAN:** It is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

### Theory