



GREEN TAG (7th KUP) THEORY

TAE KWON DO BACKGROUND

Meaning of Green Belt

Green signifies the plant's growth as the Tae Kwon Do skills begin to develop.

TECHNICAL WORDS

Technique	English Translation
Jayoo matsoki	Free sparring
Sun sonkut tulgi	Straight fingertip thrust
Dollyo chagi	Turning kick
Heckyo makgi	Wedging block
Jappyosol tae	Wrist release
Tulgi	Thrust

Stance	English Translation
Gojong sogi	Fixed stance

Directions	English Translation
Sun	Straight

Body Part	English Translation
Sonkut	Fingertips

Pattern	
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.
How many moves in Do-San?	24