

GREEN TIPS (7th KUP) INFORMATION SHEET- GREEN TIPS GOING FOR GREEN BELT

GREEN - Signifies the plant's growth as Tae Kwon-Do skills begin to develop

PATTERN REQUIRED FOR GREEN BELT

DO SAN TUL

No of Movements

24

Diagram

Ready Position

NARANI JUMBI SOGI

MEANING OF PATTERN

DO SAN is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938) who devoted his life to furthering the education of Korea and its independence movement.

MOVEMENTS IN PATTERN

STEP	MOVE	FOOT	STANCE	TECHNIQUE
1	L 90o	Left	L Gunnun	Nopunde bakat palmok makgi
2	-	-	L Gunnun	Kaunde bandae jirugi
3	Dwiyo Torro	Both	R Gunnun	Nopunde bakat palmok makgi
4	-	-	R Gunnun	Kaunde bandae jirugi
5	L 90o	Left	R Niunja	Kaunde sonkal daebi makgi
6	Fwd	Right	R Gunnun	Kaunde son sonkut tulgi
7	L 360o	Left	L Gunnun	Release Jappysol tae and Nopunde dung joomuk taerigi
8	Fwd	Right	R Gunnun	Nopunde dung joomuk taerigi
9	L 270o	Left	L Gunnun	Nopunde bakat palmok makgi
10	-	-	L Gunnun	Kaunde bandae jirugi
11	Dwiyo Torro	Both	R Gunnun	Nopunde bakat palmok makgi
12	-	-	R Gunnun	Kaunde bandae jirugi
13	L 120o	Left	L Gunnun	Nopunde hechyo bakat palmok makgi
14	Fwd	Right	-	Kaunde ap chabusigi
15	Land in	Right	R Gunnun	Kaunde baro jirugi
16	-	-	R Gunnun	Kaunde bandae jirugi
17	R 60o	Right	R Gunnun	Nopunde hechyo bakat palmok makgi
18	Fwd	Right	-	Kaunde ap chabusigi
19	Land in	Left	L Gunnun	Kaunde baro jirugi
20	-	Left	L Gunnun	Kaunde bandae jirugi
21	L 30o	Left	L Gunnun	Chookyo makgi
22	Fwd	Right	R Gunnun	Chookyo makgi
23	L 270o	Left	Annun	Kaunde sonkal taerigi
24	180o L to R	Right	Annun	Kaunde sonkal taerigi

END: Bring left foot back to Narani Jumbi Sogi