



Cassie Oury's Children's School of Tae Kwon-Do



Instructor Cassie Oury

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Grading Requirements

7th Kup (Green Tag) to 6th Kup (Green Belt)

Theory

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid.

Green represents the plant's growth as the training in Tae Kwon-do progresses.

Do San (24 movements) was the pseudonym of the patriot An Chang Ho (1876 -1938) who devoted his life to furthering the education of Korea and its independence movement.

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|---------------------------|------------------|----------------------|-------------------------|
| Release move | Japyosul tae | Side | Yop |
| | | Side kick | Yop chagi |
| 3-step sparring | Sambo matsoki | Backfist side strike | Dung joomuk yop taerigi |
| Fingertips | Sonkut | Outward moving | Bakuro maki |
| Thrust | Tulgi | outer- forearm block | |
| Straight fingertip thrust | Son sonkut tulgi | | |
| | | Waist block | Hori maki |
| Turning kick | Dollyo chagi | | |

Practice

Line work – combinations

Stepping forwards - turning kick, knife-hand guarding block
Stepping backwards - walking stance, backfist side-strike
Stepping forwards - side kick, forearm guarding block
Stepping backwards – walking stance, outer forearm block

3-step sparring (5-7)

Do San