



# 7th KUP SYLLABUS

## PRACTICAL TEST

### PATTERNS

- Do-San** - (24 movements)
- Dan-Gun** - (21 movements)
- Chon-Ji Tul** - (19 movements)

**Do-San** 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 to its independence movement.

### BASIC HAND TECHNIQUES

- Walking stance outer forearm high side block** - Gunnun so  
Bakat Palmok Nopunde yop maki
- Walking stance outer forearm high wedging block** - Gunnun so  
Bakat Palmok heccho makig
- Walking stance back fist high side strike** - Gunnun so  
dung joomok Nopunde yop taerigi
- Walking stance straight fingertip thrust** - Gunnun so  
Sun sonku tulgi
- Walking stance middle reverse punch** - Gunnun so  
Kaunde bandae Jirugi
- Sitting stance knife hand side strike** Annun so  
Sonkal yop taerigi

### BASIC KICKING TECHNIQUES:

- Inward crescent kick** - Anuro chagi
- Outward crescent kick** - Bakuro chagi

### COMBINATION TECHNIQUES:

- Walking stance outer forearm high block-middle reverse punch
- Walking stance inner forearm block-middle front snap kick-middle double punches



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Walking stance straight fingertip thrust-release grip-spinning back fist

Walking stance wedging block-front snap kick-double punches

L stance inside crescent kick-spinning back piercing kick

L stance outside crescent kick-turning kick

## **THREE STEP SPARRING: 1-2-3-4-5-6**

### **THEORY TEST:**

**How many blocking techniques in Do-San Tul? 4**

**What are the offensive techniques in Do-San Tul? 4**

### TERMINOLOGY:

|                               |  |
|-------------------------------|--|
| Semi free sparring            | Sambo banjaup Mastso   |
| Free sprarring                | jayoo matsogi  |
| Wrist release                 | Chappyo sul  |
| Fixed stance                  | Gojong Sogi  |
| Reverse turning kick          | Bandae dollyo Chagi  |
| Outer forearm high side block | Bakat Palmok napunde yop maki  |
| Back fist side strike         | Dung joomok napundae yop taerigi   |
| Straight fingertip thrust     | Sun Sonkut tulgi   |
| Thurst                        | Tulgi  |
| Knife hand side strike        | Sonkal yop taerigi   |
| Knife hand guarding block     | Sonkal daebi maki  |
| Theory of power               | <ol style="list-style-type: none"> <li>1. Reaction Force</li> <li>2. Concentration</li> <li>3. Balance</li> <li>4. Breathing</li> <li>5. Speed</li> <li>6. Rythym</li> </ol> |