**7TH KUP GREEN TAG THEORY**

MEANING OF PATTERN DO SAN

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 independent movement.

Number of moves: 24.

MEANING OF BELT COLOUR GREEN

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

KOREAN TERMINOLOGY

TURNING KICK - DOLLYO CHAGI
WEDGING BLOCK - HECHYO MAKGI
INWARD BLOCK - ANURO MAKGI
OUTWARD BLOCK - BAKURO MAKGI
STRAIGHT FINGERTIP THRUST - SUN SONKUT TULGI
RELEASE FROM GRAB – JAP YOSOL TAE
PALM BLOCK - SONBADAK MAKGI
ONE STEP SPARRING – ILBO MATSOKI
FREE SPARRING - JAYOO MATSOKI
FIXED STANCE - GOJONG SOGI

**COUNTING TO TEN IN KOREAN**

One - HANNA
Two - DOOL
Three - SETH
Four - NETH
Five - DASAUL
Six - YOSAUL
Seven - ILGOP
Eight - YODOLL
Nine - AHOP
Ten - YOLL
Eleven – YOLL-HANNA
Twelve – YOLL- DOOL
Thirteen – YOLL – SETH
Fourteen – YOLL- NETH
Fifteen – YOLL-DASAUL
Sixteen – YOLL –YOSAUL
Seventeen – YOLL – ILGOP
Eighteen – YOLL-YODOLL
Nineteen – YOLL-AHOP
Twenty - SOOMUL