

GREEN STRIPE > GREEN BELT
THEORY REQUIREMENT

How to Bow to:

The General	Charyot Chong Shi Ja Nim Ke Kyung Ye
The Examiner	Charyot Shim Sa Kwa Nim Ke Kyung Ye
The Instructor	Charyot Sa Bum Nim Ke Kyung Ye
The Assistant Instructor	Charyot Bo Sa Bum Nim Ke Kyung Ye

Training Secret:

1. To study the theory of power thoroughly
2. To understand the purpose and method of each movement clearly
3. To bring the movements of eyes, hands, feet and breath into one single coordinated action

Purpose of:

1. Outer-forearm High-side Block

- To block a high punch on the side

FUNDAMENTAL MOVEMENTS:

SAJU-JIRUGI	four directional punch
SAJU-MAKGI	four directional block

MEANING OF CHON – JI

- Literally the Heaven and the Earth.
- It is in the Orient interpreted as the creation of the world and the beginning of human history.
- Therefore, it is the initial pattern played by the beginner. This pattern consists of two similar part one to represent the Heaven and the other the Earth.

MEANING OF DAN – GUN

- Named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

MEANING OF DO SAN

- 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 its independence movement.