

TERMINOLOGY APPLICABLE TO 7th KUPPatterns:

Do-San (24 movements): Do-San is the pseudonym of the patriot Ahn-Chang-Ho (1876-1938). The 24 movements represent his entire life, which he dedicated to furthering the education of the Korean people and to its independence movement.

Body Parts:

<i>Dung Joomuk</i>	Backfist
<i>Sonkut</i>	Fingertips

Attacking movements:

<i>Dung Joomuk Taerigi</i>	Backfist strike
<i>Sun Sonkut Tulgi</i>	Straight fingertip thrust

Defensive Movements:

<i>Nopunde Hechyo Makgi</i>	High Wedging Block (Using <i>bakat palmok</i>)
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General Terms:

<i>Myong chi son</i>	Centre line (Solar plexus line)
<i>Euhke son</i>	Shoulder line
<i>Gassum son</i>	Chest line
<i>Japyosul Tae</i>	Release from a grab
<i>Makgi</i>	Block
<i>Chagi</i>	Kick
<i>Sogi</i>	Stance
<i>Taerigi</i>	Strike
<i>Tulgi</i>	Thrust
<i>Weeryok</i>	Power
<i>Barun Dong Jak</i>	Fast Motion
<i>Yonsok Dong Jak</i>	Continuous Motion

General Information:

Green belt signifies the plant's growth as the Taekwon-Do skills begin to develop.

- Fast Motion (**Barun Dong Jak**) is when two or more moves are performed with a shorter time frame between the moves, each using its own breath (As in front kick, obverse & reverse punch).
- Continuous movement (**Yonsok Dong Jak**) means performing two or more moves without stopping, with each move having its own breath as in Dan Gun moves 13 & 14 (Low block, rising block combination).