

Yellow Belt Green Tag - 7th Kup



Whom is Do-San named after?

Do-San is named after the patriot Ahn Chang-Ho who devoted his entire life to furthering the education of Korea and its independence movement.

How many movements are there in Do-San and what is the Diagram?

24 

What is the Korean for:

- Front kick?

Ap Chagi

- Side kick?

Yop Chagi

- Turning kick?

Dollyo Chagi

- Back kick?

Dwit Chagi

- Fore fist?

Ap Joomuk

- Back fist?

Dung Joomuk

- Knife hand?

Sonkal

- Fingertip?

Sonkut

- Inner forearm?

An Palmok

- Outer forearm?

Bakat Palmok

- Ball of the foot?

Ap Kumchi

- Foot sword?

Balkal

