****

**Green Tag Terminology**

|  |
| --- |
| **Green belt signifies the plants growth as the Tae Kwon Do skills begin to develop.** |

**What is the Korean for release move?** Jap Yasol Tae

**When was Tae Kwon Do introduced to the UK?** 1967

**Defensive Techniques**

* Knifehand Outward Block - Sonkal Bakuro Makgi
* Outer Forearm Wedging Block - Bakat Palmok Hechyo Makgi
* Outer Forearm High Block - Bakat Palmok Nopunde Makgi
* Outer Forearm Middle Block - Bakat Palmok Kaunde Makgi

**Attacking techniques**

* Straight Fingertip Thrust - Son Sonkut Tulgi
* Back Fist High Side Strike - Dung Joomuk Nopunde Yop Taerigi

**Kicks**

* Front Kick - Ap Chagi
* Turning Kick - Dollyo Chagi
* Side Kick - Yop Chagi

**Parts Of The Body**

* Fingertip - Sonkut
* Forefist - Ap Joomuk
* Back Fis t - Dung Joomuk
* Foot Sword - Balkal
* KnifeHhand - Sonkal

|  |
| --- |
| **Do San is named after the patriat Ahn Ch’ang Ho 1876-1938 who devoted his life to furthering the education of Korea and its independent movement.** |

 24 moves