

School of Tae Kwon Do

TERMINOLOGY FOR YELLOW BELT (8TH) KUP MEMBERS

| | |
|----------------------------|---------------------------|
| Required pattern | DAN GUN |
| Number of Movements | 21 |
| Ready Position | NARANI CHUNBI SOGI |
| Diagram | I |

Meaning of Pattern

DAN GUN is named after the Holy Dan Gun the legendary founder of Korea in the year 2333 BC.

New Movements in Pattern

Stances

Walking stance
L stance

Sogi

Gunnun sogi
Niunja sogi

Blocks

Forearm guarding block
Knife-hand guarding block
Low outer forearm block
Twin forearm block
Rising outer forearm block

Makgi

Palmok daebi makgi
Sonkal daebi makgi
Najunde bakat palmok makgi
Sang palmok makgi
Bakat palmok chookyo makgi

Punches

High fore-fist punch

Jirugi

Nopunde ap joomuk jirugi

Strikes

Middle knife-hand strike

Taerigi

Kaunde sonkal taerigi

End of Pattern : Bring left foot back to ready stance

Significance of Yellow Belt

Yellow signifies the earth, from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

Significance of Green Belt

Green signifies the plant's growth as TKD skills begin to develop.

Basic Kicks

| | |
|--------------------|----------------|
| Front rising kick | Ap cha olligi |
| Side rising kick | Yop cha olligi |
| Front snap kicks | Ap cha busigi |
| Side piercing kick | Yop cha jirugi |

Foot Parts

| | |
|------------------|-----------|
| Ball of the foot | Ap kumchi |
| Foot-sword | Balkal |

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Definition of a pattern

A series of movements, performing attack or defence against an imaginary opponent

Grading Syllabus

NB: Revise all previous grading sheets.

1. Perform pattern DAN GUN.

2. Combinations.

a) Walking stance

front snap kick

obverse punch

reverse punch

b) Walking stance

low outer forearm block

rising outer forearm block

3. Three step sparring.

4. Questions: NB: Answer questions using Korean terminology.

EG. What is the first and last move in your pattern?

Name and perform the stances you know?

Name and perform the blocks you know?

What is the meaning of your pattern?

How many moves in your pattern?

What does the colour of your belt mean?

What do you understand by bakat makgi?

Name and demonstrate the difference between an makgi,
an palmok makgi and anuro makgi?

Dan Gun

Start Position: Parallel Ready Stance

1. Turn left performing Right L stance, middle knife-hand guarding block
2. Stepping perform Right Walking stance, Obverse high fore-fist punch
3. Pivot 180 degrees clockwise performing Left L stance, middle knife-hand guarding block
4. Stepping perform Left Walking stance, Obverse high fore-fist punch
5. Pivot 90 degrees anti-clockwise performing Left walking stance, obverse low outer forearm block
6. Stepping perform Right Walking stance, Obverse high fore-fist punch
7. Stepping perform Left Walking stance, Obverse high fore-fist punch
8. Stepping perform Right Walking stance, Obverse high fore-fist punch
9. Pivot 90 degrees anti-clockwise performing Right L stance, twin outer forearm block

10. Stepping perform Right Walking stance, Obverse high fore-fist punch
11. Pivot 180 degrees clockwise performing Left L stance, twin outer forearm block
12. Stepping perform Left Walking stance, Obverse high fore-fist punch
13. Pivot 90 degrees anti-clockwise performing Left walking stance obverse low outer forearm block
14. Perform stationary obverse rising block in continuous motion
15. Stepping perform Right Walking stance, Obverse rising block
16. Stepping perform Left Walking stance, Obverse rising block
17. Stepping perform Right Walking stance, Obverse rising block
18. Pivot 90 degrees anti-clockwise performing right L stance middle knife-hand strike
19. Stepping perform Right Walking stance, Obverse high fore-fist punch
20. Pivot 180 degrees clockwise performing Left L stance middle knife-hand strike
21. Stepping perform Left Walking stance, Obverse high fore-fist punch

Return Left leg to Start Position: Parallel Ready Stance