

# YELLOW BELT – 8<sup>th</sup> KUP

## THEORY

**Dan-Gun:** is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

No. of movements = 21

Diagram =



A Yellow Belt signifies Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**An Makgi** - Inside Block; a block that blocks the inside of the opponent's attacking limb to expose the inside part of the opponent's body.

**Bakat Makgi** - Outside Block; a block that blocks the outside of the opponent's attacking limb to expose the outside part of the opponent's body.

## TERMINOLOGY

- |                              |   |                              |
|------------------------------|---|------------------------------|
| Knifehand Guarding Block     | ▪ | Sonkal Daebi Makgi           |
| High Punch                   | ▪ | Nopunde Jirugi               |
| Twin Forearm Block           | ▪ | Sang Palmok Makgi            |
| Knifehand High Inward strike | ▪ | Sonkal Nopunde Anuro Taerigi |
| X-Fist Pressing Block        | ▪ | Kyocho Joomok Noollo Makgi   |
| Twin Fist Vertical Punch     | ▪ | Sang Joomok Sewo Jirugi      |
| Outer Forearm Inward Block   | ▪ | Bakat Palmok Anuro Makgi     |
| Side Piercing Kick           | ▪ | Yop Cha Jirugi               |
| Footsword                    | ▪ | Balkal                       |
| 3 Step Sparring              | ▪ | Sambo Matsogi                |
| Continuous Motion            | ▪ | Iojin Tongjak                |

# GRADING SYLLABUS

## BASIC TECHNIQUES

- |  |              |
|--|--------------|
| 1) L Stance Twin Forearm Block,<br>Knifehand High Inward Strike      | Forward x 4  |
| 2) Walking Stance X-Fist Pressing Block,<br>Twin Fist Vertical Punch | Backward x 4 |
| 3) Front Snap Kick,<br>Walking Stance Obverse & Reverse Punch        | Forward x 4  |
| 4) Side Piercing Kick,<br>L Stance Knifehand Side Strike             | Forward x 4  |

## PATTERNS

4 Directional Punch or 4 Directional Block  
Chon Ji Tul  
Dan Gun Tul

## SPARRING

3 Step Sparring

## THEORY