

# Bucks Taekwon-Do Academy 8<sup>th</sup> Kup

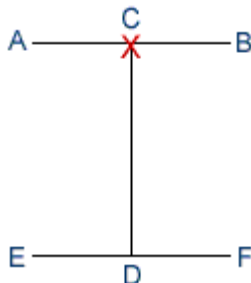
## YELLOW BELT STUDY SHEET

8<sup>TH</sup> KUP - YELLOW BELT STUDY SHEET Training period 6 weeks

### MEANING OF PATTERN

**Dan-Gun - 21 Movements.**

*Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2,333 B. C.*



**Colour Green** Signifies a plants growth as Taekwon-Do skills develop.

### MOVEMENTS IN PATTERN

#### Stances

'L' Stance  
Walking

#### Sogi

Nuinja Sogi  
Gunnun Sogi

#### Blocks

Outer forearm rising block  
Middle knife hand guarding block  
Twin forearm block  
Low outer forearm block

#### Makgi

Bakat palmok chookyo makgi  
Kaunde sonkal daebi makgi  
Sang palmok makgi  
Najunde bakat palmok makgi

#### Punches

High punch

#### Jirugi

Napunde Jirugi

#### Strike

Middle knife hand side strike

#### Taerigi

Kaunde sonkal yop taerigi

**END:-** Bring left foot back to Narani Chunbi Sogi.

### **3 Step Sparring: Sambo Matsoki (Preset Sparring)**

Two members face up and bow. The 1<sup>st</sup> attacker takes distance, measured as one walking stance. Attacker steps back into left walking stance, performing left outer forearm low block, indicates readiness for attack by 'kiop' (Shout). Defender in parallel ready stance, indicates readiness for defence by 'kiop'. Attacker steps forward in walking stance/obverse punch, 3 times. Defender steps back either in walking or 'L' stance and blocks, 3 times and then counter attack. Change roles and continue. When finished face up and bow.