

GRADING REQUIREMENTS FOR 8TH KUP YELLOW BELTS

DAN GUN

21 MOVEMENTS

IS NAMED AFTER THE HOLY DAN GUN THE LEGENDARY FOUNDER OF KOREA IN THE YEAR 2333 BC.

PRACTICAL/FLOORWORK

BASIC EXERCISES

20 PRESS UPS

LEG RAISING EXERCISE

SAJU MAKGI – FOR DIRECTIONAL BLOCK

SAJU JIRUGI – FOUR DIRECTIONAL PUNCH

SITTING STANCE

SINGLE/DOUBLE PUNCH/ BLOCKS/PUNCHES/ BLOCK AND PUNCH
WHILE COUNTING 1-10 IN KOREAN

WALKING STANCE

LOW/MIDDLE/ HIGH SECTION BLOCKS

MIDDLE/HIGH SECTION PUNCH

COMBINATIONS OF ABOVE

L-STANCE

GUARDING/KNIFEHAND GUARDING BLOCK/ DOUBLE FOREARM BLOCK
KNIFEHAND STRIKE

LINEWORK

FRONT KICK/ TURNING KICK/ SIDE KICK

PUNCH AND KICK COMBINATIONS

PATTERNS

CHON-JI TUL, DAN GUN TUL

SET SPARRING

3 STEP SPARRING 1 – 6

SELF DEFENCE

THROAT GRABS.

THEORY

PATTERN MEANINGS, INSTRUCTORS, AFFILIATION, MEANING OF TAE KWON DO,
TENETS OF TAE KWON DO, COUNTING IN KOREAN, RULES OF THE DOJANG
YELLOW BELT MEANING, BASIC KOREAN – MOVES & STANCES