

8th Kup - Yellow Belt Study Sheet.



Green signifies the plant's growth as the Taekwon-Do skill begins to develop.



Parts of Body

Backfist - Dung Joomuk
Finger tips - Sonkut
Wrist - Sonmock

Stance – Sogi

Fixed Stance - Gojung Sogi

Kicks – Chagi

Hook kick (offensive) Goro Chagi
Hook kick (defensive) Golcho Chagi
Reverse turning, hooking kick Bandoe Dolyo Goro Chagi

Misc Technical

Twin Fist Vertical Punch - Sang Joomuk sewo Jirugi
Twin Fist Upset Punch - Sang Joomuk Dwijibo Jirugi
Straight fingertip Thrust - Sun Sonkut Tulgi
Side Punch - Yop Jirugi
Back Fist Side Strike - Dung Joomuk Yop Taerigi
Wedging Block - Hechyo Makgi
Waist Block - Hori Makgi (Anuro/Bakuro)
Outer Forearm High Side Block - Bakat Palmok Nopunde Yop Makgi
Back Piercing Kick - Dwit Cha Jirugi

Measurements of Stance

Fixed Stance is 1 ½ shoulder widths long from front toes to inside of rear footsword. Weight distribution is 50% on each leg. When the left leg is in front it is called and left fixed stance and so on.

8th Kup Pattern: **Dan-Gun** **(21 Movements)**

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

Notes on Dan-Gun. October 3rd is celebrated in Korea as a national holiday to commemorate the founding father, Dan-Gun. The story of Dan-Gun is a legend and therefore it may or may not be a true story or based on a true story. Dan-Gun was said to have reigned for 1,211 years!

Inner Forearm Block - An Palmok Makgi is any block that uses the inner forearm.

Outer Forearm Block - Bakat Palmok Makgi is any block that uses the outer forearm.

Inward Block - Anuro Makgi is any block that reaches from an outward to an inward trajectory.

Outward Block - Bakuro Makgi is any block that reaches from an inward to outward trajectory

Inside Block - An Makgi is any block that is directed at the inner portion of the opponents attacking tool.

Outside Block - Bakat Makgi is any block that is directed at the outer portion of the opponents attacking tool.

Three Step Sparring **(Sambo Matsoki)** **Number 3**

Attack – always 3 mid-section obverse punches in walking stance

1. Face partner, attention and bow.
2. Measure up to your partner, right foot back into walking stance, low block.
3. When signalled step forward in walking stance mid-section obverse punch 3 times.

Defence as below

3. Left leg back, left 'L' stance inward block with right outer forearm to inside of punch. Third move, block then front or side back fist attack with right hand to nose or temple.

Self-defence Techniques (Hosin Sul) No 3. Any defence to any type of wrist grab, including double to the same & both hands.