



Revision information for: 8 KUP

Green belt – Signifies the plants growth as Taekwon-do skills begin to develop.

Pattern:

DAN GUN

(21 Movements)

Is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

STANCES

Walking Stance

GUNNAN SOGI

`L' Stance

NIUNJA SOGI

Parallel ready

NARANI JUMBI SOGI

BLOCKS

Knife Hand Guarding Block

SONKAL DAEBI MAKGI

Low Outer Forearm Block

NAJUNDE BAKAT PALMOK MAKGI

Twin Outer Forearm Block

SANG BAKAT PALMOK MAKGI

Rising Block

CHOOKYO MAKGI

ATTACKS

High Section Punch

NOPUNDE AP JOOMUK JIRUGI

Middle Knife Hand Strike

KAUNDE SONKAL TAERIGI

OTHER THERORY

Three Step Sparring

SAMBO MATSOKI

HAND TECHNIQUES

Backfist Strike

DUNG JOOMAK TAERIGI

Knife Hand Strike

SONKAL TAERIGI

LEG TECHNIQUES

Front Kick

AP CHAGI

Back fist
Knife Hand

DUNG JOOMOK
SONKAL

PARTS OF THE FOOT

Ball of Foot
Side of Foot

AP KUMCHI
BALKAL

Inward
Outward

ANAERO
BAKAERO