

South Midlands Tae Kwon-Do

GRADING INFORMATION – 8th KUP / YELLOW BELT **Practical Grading Required**

Pattern - **Dan Gun**

L-Stance - Twin Forearm Block

L-Stance - Inward Block

L-Stance - Forearm Guarding Block

Front Kick - Double Punch

Turning kick - Guarding Block

3 Step Sparring (1 2 3 4)

Theory Study Required

Interpretation of Dan Gun

Dan Gun, 21 movement pattern - is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Korean Terminology Study Required

Knife-hand guarding block Sonkal daebi makgi

Inward block Anuro makgi

Twin forearm block Sang palmok makgi

Outward knife-hand strike Bakuro sonkal taerigi

Backfist front strike Dung joomuk ap taerigi

Turning kick Dollyo chagi

3 Step sparring Sambo matsoki

Inward Anuro

Outward Bakuro

Five Dasaul

Six Yousaul

Seven Ilgop

Eight Yodoll

Nine Ahop

Ten Yoll

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)