

Testing Information

8th – 7th

Testing from Yellow Belt (8th Gup) to Green Stripe (7th Gup)

Pattern (tul) & Interpretation

Pattern: Dan-Gun

Ready Stance: Open Parallel Ready Stance

Movements: 21

Diagram: I

Interpretation

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

Kicking Requirements

Bandal-Chagi	Crescent Kick
Golcho-Chagi	Hooking Kick
Twimyo-Yop-Cha-Jirugi	Jump Side Kick

Step Sparring

Free sparring - no contact

Sambo - 3 step sparring

L-Stance (defense) - VS - Walking Stance Intermediate (2 counters - 1 foot and 1 hand)

3 step intermediate (walking stance – vs – L-stance) (2 way)

Attacker: w.s. low block /3 hand attacks

Defender:

1. L-stance – knife hand guarding block
2. L-stance – twin outer forearm
3. L-stance - inner forearm block
4. L-stance - outer forearm block

Intermediate (2 counters 1 foot, 1 hand)

Note: w.s. is always outside of L-stance on stepping.

Self-defense

1 Release from a single straight grab to the wrist

1 Release from a single cross grab to the wrist

1 Release from a double grab to the wrists

1 Release from a single grab to the lapel

Demonstrate 1 basic understand of a pressure point

Break

Yon-Sok-Chagi

Consecutive Kicks: 2 different kicks using the same foot at 2 stations - 1 board per station (do not touch floor between kicks)

Uniform Requirements

Club patch on right shoulder and USA patch on left shoulder are required on do-bok. Please have do-boks neat and clean for testing and tournaments.

Required Knowledge

Student Oath:

I shall observe the tenets of Taekwon-Do
I shall respect instructors and seniors
I shall never misuse Taekwon-Do
I will be a champion of freedom and justice
I will build a more peaceful world

Classes of Black Belts:

1st - 3rd Dan	Novice
4th - 6th Dan	Expert
7th - 8th Dan	Master
9th Dan	Grand Master

New Techniques

1. L - Stance Knife hand Guarding Block
2. Walking Stance high Obverse Punch
3. L - Stance Twin Forearm Block
4. Walking Stance Forearm Rising Block
5. L - Stance Knife hand Middle Side Strike

Belt:

Yellow Belt signifies earth from which a plant sprouts and takes root as Taekwon-Do foundation is being laid.