

8th Gup Requirements

8TH

Patterns

- Dan-Gun Tul

Kicking

- Side piercing kick (Yopcha Jirugi)

Blocking

- Knifehand guarding block (Sonkal Daebi Makgi)
- Twin forearm block (Sang Palmok Makgi)
- Inward forearm block (Anuro Palmok Makgi)

Striking

- Reverse punch (Bandae Jirugi)
- Knifehand outward strike (Sonkal Bakuro Taerigi)

Sparring

- Unaccompanied 3-step moves from your patterns (Sambo Matsogi)
- Free-sparring (Jayo Matsogi)

Self-Defence

Single wrist grab

Terminology/Theory

- Meaning and number of movements in Dan-Gun
- Tenets of Taekwon-Do & their meanings
- Names and application of fundamental movements (as above)

Additional requirements

- Breaking 1 board front snap kick

Attendance

Recommended minimum 50 classes

Dan-Gun (21 movements)

The pattern is named after the **Holy Dan-Gun**, the legendary founder of Korea in the year **2,333 B.C.**

SPIRIT Testing examiners Choice