

What does green belt signify? “A green belt signifies the plant’s growth as the Tae Kwon-Do skills begin to develop”.



Pattern **DAN-GUN** (21 movements) *meaning*

‘DAN-GUN is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.’

General terms

- Inward – **ANAERO**
- Outward – **BAKAERO**

Parts of the body

- Palm – **SONBADAK**
- Knifehand - **SONKAL**
- Backfist – **DUNG JOOMUK**

Basic Movements (Defensive)

- Knifehand guarding block – **SONKAL DAEBI MAKGI**
- Twin forearm block– **SANG PALMOK MAKGI**
- Inward outer forearm block – **ANAERO BAKAT PALMOK MAKGI**

Basic Movements (Offensive)

- Backfist strike – **DUNG JOOMUK TAERIGI**
- Turning kick– **DOLLYO CHAGI**
- Front backfist strike – **AP DUNG JOOMUK TAERIGI**

Sparring

- Three step sparring – **SAMBO MATSOKI**
(Numbers one through to four)

YOUR 8th KUP GRADING

- IDENTIFY YOURSELF
- L STANCE – TWIN FOREARM BLOCK
- WALKING STANCE – FRONT KICK/DOUBLE PUNCH
- L STANCE – MIDDLE INWARD OUTER FOREARM BLOCK
- TURNING KICK – LAND GUARDING BLOCK
- L STANCE – FOREARM GUARDING BLOCK
- PATTERN – DAN-GUN
- THREE STEP SPARRING – NUMBERS 1,2,3 & 4
- ALL THEORY UP TO AND INCLUDING THIS PAGE