

McKnight Taekwon-Do 8th Kup

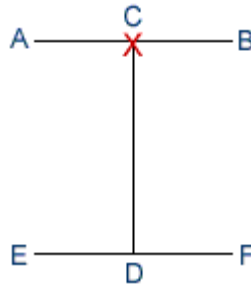
YELLOW BELT STUDY SHEET

8TH KUP - YELLOW BELT STUDY SHEET Training period 6 weeks

MEANING OF PATTERN

Dan-Gun - 21 Movements.

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2,333 B. C.



Colour Green Signifies a plants growth as Taekwon-Do skills develop.

MOVEMENTS IN PATTERN

STANCES

'L' Stance
Walking

SOGI

Nuinja Sogi
Gunnun Sogi

BLOCKS

Outer forearm rising block
Middle knife hand guarding block
Twin forearm block
Low outer forearm block

MAKGI

Bakat palmok chookyo makgi
Kaunde sonkal daebi makgi
Sang palmok makgi
Najunde bakat palmok makgi

PUNCHES

High punch

JIRUGI

Napunde Jirugi

STRIKE

Middle knife hand side strike

TAERIGI

Kaunde sonkal yop taerigi

END:- Bring left foot back to Narani Chunbi Sogi.

3 Step Sparring: Sambo Matsoki (Preset Sparring)

Two members face up and bow. The 1st attacker takes distance, measured as one walking stance. Attacker steps back into left walking stance, performing left outer forearm low block, indicates readiness for attack by 'kiop' (Shout). Defender in parallel ready stance, indicates readiness for defence by 'kiop'. Attacker steps forward in walking stance/obverse punch, 3 times. Defender steps back either in walking or 'L' stance and blocks, 3 times and then counter attack. Change roles and continue. When finished face up and bow.