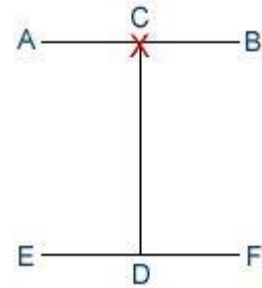


GRADING INFORMATION FOR 8TH KUP YELLOW BELT

PRACTICAL

PATTERN DAN GUN
WALKING STANCE FRONT KICK DOUBLE PUNCH
TWIN FOREARM BLOCK
TURNING KICK F/ARM GAURDING BLOCK
L STANCE F/ARM GAURDING BLOCK
3 STEP SPARRING 1-4 (adults)
L STANCE INWARD OUTER F/ARM BLOCK



THEORY

DAN GUN IS NAMED AFTER THE HOLY DAN GUN THE LEGENDRY FOUNDER OF KOREA IN THE YEAR 2333BC. 21 MOVES.

GREEN

SIGNIFIES THE PLANTS GROWTH AS THE TAE KWON-DO SKILLS BEGIN TO DEVELOP.

STANCES IN DAN GUN

PARALLEL READY STANCE
L STANCE
WALKING STANCE

NARANI JUMBI SOGI
NUNJA SOGI
GUNNAN SOGI

BLOCKS IN DAN GUN

KNIFE HAND GAURDING BLOCK
LOW SECTION OUTER F/ARM BLOCK
TWIN OUTER F/ARM BLOCK
HIGH RISING BLOCK

SONKAL DAEBI MAKGI
NAJ/BAKAT PALMOK MAKGI
SANG BAKAT PALMOK MAKGI
NOPUNDE CHOOKYO MAKGI

ATTACKS IN DAN GUN

HIGH SECTION FOREFIST PUNCH
MIDDLE SECTION KNIFE HAND STRIKE

NOPUNDE AP JOOMUK JURUGI
KAUNDE SONKAL TAERIGI

OTHER

3 STEP SPARRING
SIDE KICK
TURNING KICK
BACK FIST STRIKE
REVERSE PUNCH

SAMBO MATSOKI
YOP CHAGI
DOLLYO CHAGI
DUNG JOOMUK TAERIGI
BANDAE JURIGI