

Grading Info: 8th Kup Yellow Belt

For more info consult Training Manual One: Fundamental Tae Kwon-Do © available from your Instructor

Grading Syllabus for 8th Kup

Exercises

Sitting stance double punches (10)
 Front rising kicks, left & right (10)
 Press-ups (20)
 Sajo-Jirugi 1&2
 Pattern CHON-JI
 Pattern DAN-GUN (see p.3)
 Three-step sparring number 1-3 (see p.4)
 Basic self defence (see p.4)

Linework

Middle obverse punch (Walking Stance)
 Low outer forearm block (W-S)
 Combination: Low outer forearm block, rising block (W-S)
 Knifehand guarding block (L-Stance)
 Twin forearm block (L-S)
 Turning kick (L-S f-arm guard)
 Theory relevant to grade

Essential Korean Terms for 8th Kup

General Terms

Left	WEN
Right	ORUN
Inwards	ANURO
Outwards	BAKURO
Obverse	BARO
Reverse	BANDAE
Twin	SANG
Guarding	DAEBI
Kick	CHAGI
Block	MAKGI
Stance	SOGI
Punch	JIRUGI
Strike	TAERIGI
Pattern	TUL

Body Parts

Footsword	BALKAL
Ball of the foot	AP KUMCHI
Knifehand	SONKAL
Inner forearm	AN PALMOK
Outer forearm	BAKAT-PALMOK

Stances

Walking stance	GUNNUN SOGI
L-Stance	NIUNJA SOGI
Sitting Stance	ANNUN SOGI
Parallel Ready-Stance	NARANI-CHUNBI SOGI

Blocking Techniques

Middle inner forearm block	KAUNDE AN PALMOK MAKGI
Middle outer forearm block	KAUNDE BAKAT PALMOK-MAKGI
Low outer forearm-block	NAJUNDE BAKAT PALMOK-MAKGI
Forearm guarding block	PALMOK DAEBI MAKGI
Knifehand guarding block	SONKAL DAEBI MAKGI
Rising block	CHOOKYO MAKGI
Twin forearm block	SANG PALMOK MAKGI

Kicking Techniques

Front kick	AP CHAGI
Front snap kick	AP CHABUSIGI
Turning kick	DOLLYO CHAGI
Side kick	YOP CHAGI
Side-piercing kick	YOP CHAJIRUGI

Attacking Techniques

Middle obverse punch	KAUNDE BARO JIRUGI
High obverse punch	NOPUNDE BARO JIRUGI
Middle reverse punch	KAUNDE BANDAE JIRUGI
Outward knifehand strike	BAKURO SONKAL TAERIGI
Forefist punch	AP JOOMUK JIRUGI

Sparring

Three-step sparring	SAMBO MATSOKI
Free sparring	JAYOO MATSOKI
Three-step semi-free sparring	BAN JAYOO MATSOKI

Essential Grading Theory for 8th Kup

You must learn the following to be eligible to grade to 7th Kup

Belt Colours

Green: Green Belt signifies the plant's growth as Tae Kwon-Do skills begin to develop

Pattern DAN-GUN – 21 moves

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

The Legend of Dan Gun:

8th Kup General Knowledge

The legend of DAN-GUN says that HWAN-UNG, son of the God HWANIN descended from Heaven at Lake CHON-JI with 3,000 humans to establish humanity and the City of God SHINSHI. Shortly afterwards, a bear and a tiger, living together in a cave prayed to HWAN-UNG to turn them into humans. He set them the task to eat a bundle of sacred mugwort and twenty cloves of garlic and shun the sunlight for 100 days. The tiger was too ferocious and hungry and quit after 20 days but the bear held true and on day 21 she was transformed into a woman (hence the 21 moves in the pattern). She prayed under a tree for a child and HWAN-UNG was so moved that he turned himself into a human. Together they had a son, DAN-GUN, the name meaning *Altar Prince* or *Sandalwood*. DAN-GUN was said to have created the first Korean Kingdom, CHOSŌN (*the land of morning calm*) in the year 2,333 B.C., establishing a walled capital in the city of PYONGYANG and later at ASADAL, where he ruled for over 1,500 years, before transforming himself into a mountain spirit at the age of 1,908 and returning to the TAEBAEK mountains -- This legend probably refers to an early Korean tribe called the *Bear Totem family*, as the ancient word GOM means both *bear* and *king*. This early tribe fought against Chinese settlers on the Korean peninsula. As the markings on the head of a tiger resemble the Chinese character for *king* the story of the bear and the tiger is most likely a representation of the cultural conflict between the Korean and Chinese peoples, and throughout history the Koreans have used this legend to justify their inhabitation of the Korean peninsula and to give them a stronger cultural identity. They celebrate DAN-GUN day on October 3rd each year. The high punches signify the high mountains that DAN-GUN climbed in his life.

What is a Legend (Legendary)? A legend is a story handed down from the past, most likely about a real person but often made more interesting or fantastic (unlike a myth which is probably made-up). A person in a legend, such as DAN-GUN is referred to as *legendary* but a legendary person can also mean a person of great deeds, achievements or fame.

What does 'B.C.' mean? It means *Before Christ* - any year before 1st January 0 A.D. (*Anno domini* or *After Christ*).

Why should we be side facing when blocking? To reduce target area and deflect incoming attacks.

Why do we punch centreline and keep the shoulders square? By punching centre we can send the full body weight forwards for maximum power. If we punch to the side, a certain amount of power is lost in that direction. Reaching causes a loss of stability and equilibrium so shoulders are kept square.

Why do we have a tight fist when punching? Power can only be transferred efficiently through tense parts of the body. A fist that is not tense will absorb power like a sponge absorbs water.

What does the plant represent in the meaning of green belt? Yourself – your growth in Tae Kwon-Do.

Why do we use hip twist? The twist of the hips increases acceleration and thus increases power.

Why do we learn the meanings of the patterns? Patterns teach us about the history of Korea and its people. They also teach us about ourselves as we learn about the use of the tenets and are influenced by the great deeds of people throughout Korean history.

Why do we perform patterns? Patterns improve our Tae Kwon-Do ability as they enable us to develop better sparring techniques, body shifting, flexibility, muscle tone, balance and breath-control. Patterns also teach us techniques that cannot be learnt from other forms of training.

Describe rising block and why is rising block angled? Rising block (CHOOKYO MAKGI) uses the outer forearm blocking tool to protect the head from a downward attack. The outer forearm is roughly one fist-width above, and in front of the forehead, with the forearm angled 45° upwards from the elbow, to deflect downward techniques away from the head and to the side.

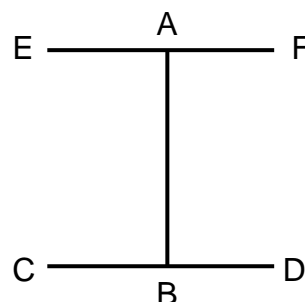
What is the most important move in Tae Kwon-Do? The bow, as a mark of humility and respect.

Pattern 2: Dan-Gun

21 moves

Parallel Ready Stance

Start at B facing A



1. Move left foot to C
Right L-stance, middle knifehand guarding block
NIUNJA SOGI, KAUNDE SONKAL DAEBI MAKGI
2. Move right foot to C
Right walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
3. Move right foot to D
Left L-stance, middle knifehand guarding block
NIUNJA SOGI, KAUNDE SONKAL DAEBI MAKGI
4. Move left foot to D
Left walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
5. Move left foot to A
Left walking stance, low outer forearm block
GUNNUN SOGI, NAJUNDE BAKAT PALMOK MAKGI
6. Move right foot to A
Right walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
7. Move left foot to A
Left walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
8. Move right foot to A
Right walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
9. Move left foot anticlockwise to F
Right L-stance, twin outer forearm block
NIUNJA SOGI, SANG PALMOK MAKGI
10. Move right foot to F
Right walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
11. Move right foot clockwise to E
Left L-stance, twin outer forearm block
NIUNJA SOGI, SANG PALMOK MAKGI

New Techniques:

L-stance, middle knifehand guarding block
NIUNJA SOGI, KAUNDE SONKAL DAEBI MAKGI

Walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI

L-stance, twin outer forearm block
NIUNJA SOGI, SANG PALMOK MAKGI

Walking stance, rising block
GUNNUN SOGI, CHOOKYO MAKGI

L-stance, middle outward knifehand strike
NIUNJA SOGI, KAUNDE BAKURO SONKAL TAERIGI

Note: The primary block in twin outer forearm block is the front arm middle section outer forearm block and should therefore be taken *inside* of the rising block in the start position.

12. Move left foot to E
Left walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
13. Move left foot to B
Left walking stance, low outer forearm block
GUNNUN SOGI, NAJUNDE BAKAT PALMOK MAKGI
14. Rising block (maintain stance as in 13)
CHOOKYO MAKGI
15. Move right foot to B
Right walking stance, rising block
GUNNUN SOGI, CHOOKYO MAKGI
16. Move left foot to B
Left walking stance, rising block
GUNNUN SOGI, CHOOKYO MAKGI
17. Move right foot to B
Right walking stance, rising block
GUNNUN SOGI, CHOOKYO MAKGI
18. Move left foot anticlockwise to C
Right L-stance, middle outward knifehand strike
NIUNJA SOGI, KAUNDE BAKURO SONKAL TAERIGI
19. Move right foot to C
Right walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI
20. Move right foot clockwise to D
Left L-stance, middle outward knifehand strike
NIUNJA SOGI, KAUNDE BAKURO SONKAL TAERIGI
21. Move left foot to D
Left walking stance, high obverse punch
GUNNUN SOGI, NOPUNDE BARO JIRUGI

Hints for Dan-Gun:

- (1) *Combine movements.* When performing this pattern in your own time, try to execute certain moves like combinations, pausing briefly after each set. The best suited movements are 1,2 - 3,4 - 9,10 - 11,12 - 18,19 - 20,21
- (2) *Launch position for the blocks.* Moves 13 and 14 are a set combination and the blocks for both launch from the same place (up by the side of the head). All rising blocks launch from this high position.

Bring left foot back to ready stance

Three-Step Sparring 1 to 3:

Attacker starts, left walking stance, low outer forearm block - defender starts in parallel ready stance

Defence 1: Right leg back, walking stance middle inner forearm block (three times to the inside), counter with a reverse punch (right arm) in walking stance.

Defence 2: Left leg back, L-stance middle inner forearm block (three times to the outside), counter by stepping the right foot to the outside of the opponent's right foot, sitting stance right outward knifehand strike (to the neck if taller than opponent, otherwise to floating ribs)

Defence 3: Right leg back, L-stance middle outer forearm block (three times to the inside), counter by sliding the right foot to the right and forwards, forming a sitting stance facing the opponent, executing a right forefist punch upon landing, followed by a left forefist punch.

Basic Self-Defence (required for grading)

Wrist & lapel grabs, front choke hold, same side shoulder grab from behind.