

## **8th Kup - Yellow Belt**

### **Yellow Belt**

- Yellow Belt means **EARTH**
  - Yellow belt is the time when your **Tae Kwon-Do skills start to show**
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### **Pattern Dan-Gun**

- Dan-Gun created Korea in 2333BC
- Dan-Gun has 21 moves
- All punches are high
- in Dan-Gun
- Dan-Gun was the first King of Korea



# What is Integrity?

- Integrity is **honesty**
  - Integrity is **telling the truth**
  - Integrity helps us to understand **right** and **wrong**. In Tae Kwon-Do we learn that it would be wrong to hurt someone on purpose.
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The Korean word for a punch is **JIRUGI**

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The Korean word for a block is **MAKGI**

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