



YELLOW BELT - 8 th KUP GRADE (FOR GREEN TAG BELT)

PRACTICAL TEST

PATTERNS

- **Dan-Gun Tul** (21 Movements, Diagram is a capital I)
- **Chon-Ji Tul** (19 Movements, Diagram is a + sign)

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

BASIC HAND TECHNIQUES

- L stance knife hand guarding block** - Niunja so sonkal daebi makgi
- Walking stance high obverse punch** - Gunnun so nopunde baro jirugi
- Walking stance forearm rising block** - Gunnun so bakat palmok chookyo makgi
- L stance knife hand middle side strike** - Niunja so sonkal kaunde yop taerigi
- L stance twin forearm block** - Niunja sang palmok makgi

BASIC KICKING TECHNIQUES

- **Back piercing kick** - Dwit cha jirugi
- **Downward kick** - Naeryro chagi

COMBINATION TECHNIQUES

- **Walking stance low block-rising block**
- **Walking stance middle block-reverse punch**
- **L stance side piercing kick-spinning back kick**
- **L stance turning kick-spinning back kick**

THREE STEP SPARRING : (1-6 set moves)

SYLLABUS 8th KUP



THREE STEP SEMI FREE SPARRING (BASIC)

The meaning of DAN-GUN	Is named after the holy DAN-GUN, the legdary founder of Korea.
The blocks in the pattern	Sonkal daebie makgi, Sang palmok makgi, Chookyo, Najunde mankgi
The striking techniques	Nopunde jirugi, Sonkal yop taerigi
Semi free sparring	Ban jayoo maksoki
Back fist side strike	Dung joomuk yop taerigi
Knife hand	Sonkal
Elbow	Palkup
Inward	Annuro
Outward	Bakuro

Student Oath : I shall observe the tenets of Taekwon-Do, I shall respect the Instructor and seniors, I shall never misuse Taekwon-Do, I shall be a champion of freedom and justice, I shall build a more peaceful world. * **The YELLOW BELT** signifies the earth from which a plant sprouts and take route as in the Taekwon-Do foundation that is being laid.