

8th Kup Grading Syllabus

Yellow belt

Training time

Minimum 3 months

Techniques

High Obverse Forefist Punch

Napunde ap joomuk baro jirugi

Outer Forearm Rising Block

Bakat palmok chookyo makgi

Middle Knifehand Guarding Block

Kaunde sonkal daebi makgi

Twin Forearm Block

Sang palmok makgi

Middle Knifehand Outward Strike

Kaunde sonkal bakuro taerigi

Patterns

Dan-Gun

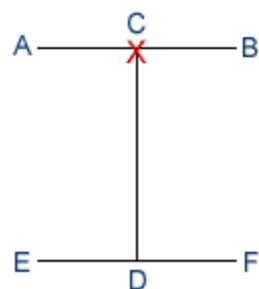
Sparring

Three Step Sparring - *Sambo Matsogi*

Three Step Semi Free Sparring - *Bande gyo Matsogi*

Dan-Gun

Who was Dan-Gun? DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.



Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.

2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B

with the right fist.

3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.

4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.

6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.

7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.

8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.

9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.

10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.

11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.

12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.

13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.

14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.

15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.

16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.

17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.

18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.

19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.

20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.

21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

END: Bring the left foot back to a ready posture.