

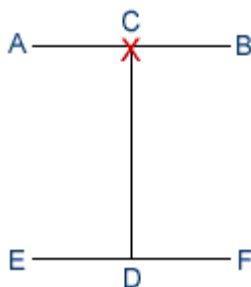
VELLA-TAEKWONDO 8th KUP

YELLOW BELT STUDY SHEET

8TH KUP - YELLOW BELT STUDY SHEET Training period 6 weeks

8th Kup Pattern: Dan-Gun - 21 Movements.

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2,333 B. C.



Colour Green Signifies a plants growth as Taekwon-Do skills develop.

Stance

'L' stance
Walking

Sogi

Nuinja
Gunnun

Blocks

Outer forearm rising block
Middle knife hand guarding block
Twin forearm block
Low outer forearm block

Makgi

Bakat palmok chookyo makgi
Kaunde sonkal daebi makgi
Sang palmok makgi
Najunde bakat palmok makgi

Punches

High punch

Jirugi

Napunde Jirugi

Strike

Middle knife hand side strike

Taerigi

Kaunde sonkal yop taerigi

3 Step Sparring: Sambo Matsoki (Set Sparring)

Two members face up and bow. The 1st attacker takes distance, measured as one walking stance. Attacker steps back into left walking stance, performing left outer forearm low block, indicates readiness for attack by 'kiop' (Shout). Defender in parallel ready stance, indicates readiness for defence by 'kiop'. Attacker steps forward in walking stance/obverse punch, 3 times. Defender steps back either in walking or 'L' stance and blocks, 3 times and then counter attack. Change roles and continue. When finished face up and bow.

General Information:

- Rising block is classified as a front block, so it must be performed full facing.
- Front block (Ap Makgi) is when the blocking tool finishes at the centre line & the body is full facing.
- When performing rising block, the fist must be over the opposite shoulder.
- Three-step sparring may be practised using the same three of ANY attack.
- Side block is when the body is kept half-facing whilst blocking.
- Dan-Gun movements 13 & 14 are performed in continuous motion

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YELLOW BELT STUDY SHEET

Grading for 7th Kup yellow belt / green tag

1. Chon-Ji Tul.
2. Dan-Gun Tul.
3. 4-Direction Punch
4. 3 Step Sparring.
5. Perform Side Kick from L stance guarding Block
6. Stepping forward in walking stance, front snap kick obverse/reverse punch, 4 times, counting.
7. Stepping backward in walking stance, low block/rising block, 4 times, counting.
8. Measure on focus board with side kick and turning kick .

Questions

This is just an indication of the type of questions asked at the 8th Kup Grading, and can also relate to previous study sheets and information taught in class.

1. What patterns did you perform? How many movements in each? What were the diagrams on the floor? What does each mean?
2. Name and demonstrate all the blocks in Dan-Gun.
3. What is the meaning of the colour green?
4. What does 'Sonkal Yop Taerigi' mean?
5. Name the kicks you measured with and what part of the foot you use.
6. Explain the difference between; An Palmok Makgi and Anuro Makgi
7. What is twin forearm block called in Korean?

Notes