

PHIL THOMAS SCHOOLS OF TAEKWONDO

GRADING INFORMATION – 8th KUP / YELLOW BELT

Practical Grading Required

Pattern – **Dan Gun**

Twin Forearm Block (B)
Front Kick Double Punch (F)
L-Stance Inward Block (B)
Turning Kick Guarding Block (F)

3 Step Sparring 1/2/3/4 (details on separate sheet)

Theory Study Required

Interpretation of Dan Gun

Dan Gun, 21 movement pattern – is named after the holy Dan Gun, the legendary founder of Korea in the year 2333BC.

Korean Terminology Study Required

High Section Fore-fist Punch
Middle section (outward) Knife-hand strike
Inward Block
Inward Knife - hand strike
Knife - hand guarding block
Rising block
Twin forearm block
3 Step sparring
Forearm Guarding Block
Front Kick
Turning Kick

Nopunde ap joomuk jirugi
Kaunde (bakaero) sonkai taerigi

Anaero makgi
Anaero sonkai taerigi
Sonkai daebi makgi
Chookyo makgi
Sang palmok makgi
Sambo matsoki
Palmok daebi makgi
Ap Chagi
Dollyo Chagi