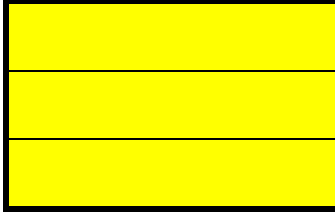


8th Kup Theory

8th Kup - Yellow Belt to
Green Tag



All previous theory and techniques plus:

Dan Gun Tul 21 moves

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

(In the face of continuous threats of foreign domination, the legend of Dan-Gun was instrumental in reviving national unity after the twelfth century.)

The meaning of Green

Green represents the plant's growth as TaeKwon-Do skills begin to develop.

New Terms

Side = Yop

Front = Ap

Guarding = Daebi

Twin = Sang

Rising = Chookyo

Strike = Taerigi

Side Kick = Yop Chagi

Side Piercing Kick = Yopcha Jirugi

Turning Kick = Dollyo Chagi

Knifehand Guarding Block = Sonkal Daebi Makgi

Twin Forearm Block = Sang Palmok Makgi

Foot sword = Balkal

Heel = Dwitchook

Instep = Baldung

Palm Heel = Sonbadak

Sparring = Matsoki

Destruction/ Breaking = Weerok

Front Snap Kick = Apcha Busigi

Ball of the Foot = Ap Kumchi

Dan-Gun Includes

Middle Knifehand Guarding Block = Kaunde Sonkal Daebi Makgi

High Obverse Forefist Punch = Nopunde Baro Ap Joomuk Jirugi

Twin Forearm Block = Sang Palmok Makgi

Knifehand Side Strike = Sonkal Yop Taerigi

Outer Forearm Rising Block = Bakkat Palmok Chookyo Makgi

Describe and Demonstrate all of the Movements in Dan-Gun in English and Korean

e.g.

1st movement:

Right L-stance, Middle Knifehand Guarding Block = Orun Niunja So, Kaunde Sonkal Daebi Makgi

20th movement:

Left L-stance, Middle Knifehand Side Strike = Wen Niunja So, Kaunde Sonkal Yop Taerigi

21st movement:

Left Walking Stance, High Obverse Forefist Punch = Wen Gunnan So, Nopunde Baro Ap Joomuk Jirugi

THE 4 BLOCKS IN DAN GUN

MIDDLE SECTION KNIFE-HAND
GUARDING BLOCK

KAUNDE SONKAL DAEBI MAKGI

LOW SECTION OUTER FOREARM BLOCK

NAJUNDE BAKAT PALMOK MAKGI

TWIN OUTER FOREARM BLOCK

SANG BAKAT PALMOK MAKGI

OUTER FOREARM RISING BLOCK

BAKAT PALMOK CHOOKYO MAKGI