



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 8TH KUP – YELLOW BELT

PRACTICAL

Basics and Patterns from Previous Gradings
Pattern Dan Gun
Walking Stance & Front kick Double Punch
L Stance Inward Block
Turning kick, L Stance Guarding Block
L Stance Forearm Guarding Block
L Stance Twin Outer Forearm Block
3 Step Sparring No's 1 to 4

MEANING OF COLOUR GREEN

Signifies the plant's growth as the Tae Kwon-Do skill begins to develop.

INTERPRETATION OF THE PATTERN

Dan Gun is named after the Holy Dan Gun the legendary founder of Korea in the year 2333 BC.
21 moves.

NEW MOVEMENTS IN PATTERN

Knife Hand Guarding Block	Sonkal Daebi Makgi
Twin Outer Forearm Block	Sang Bakat Palmok Makgi
Knife Hand Strike	Sonkal Taerigi

NEW MOVEMENTS IN 3 STEP SPARRING

3 Step Sparring	Sambo Matsoki
Knife Hand Side Strike	Sonkal Yop Taerigi (<i>to neck</i>)
Outer Forearm Inward Block	Bakat Palmok Anuro Makgi
Back Fist Front Strike	Dung Joomuk Ap Taerigi (<i>to bridge of nose</i>)

NEW TERMINOLOGY

Forearm Guarding Block	Palmok Daebi Makgi
Knife Hand Guarding Block	Sonkal Daebi Makgi

COUNTING BY NUMBERS

One	Hanna	Six	Yasaul
Two	Dool	Seven	ilgop (<i>ILGOP</i>)
Three	Seth	Eight	Yadoll
Four	Neth	Nine	Ahop
Five	Dasaul	Ten	Yoll