



# HED TKD

TAE KWON-DO SCHOOLS

## GRADING INFORMATION 8<sup>TH</sup> 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 Outward Strike	Sonkal Bakero 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
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### COUNTING BY NUMBERS

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