



BURNTWOOD & CANNOCK TAE KWON DO TIGERS

8th KUP YELLOW BELT GRADING SHEET

PRACTICAL

Line up in front of the Master in attention stance

Come to attention and bow

Say your name then 8th Kup Sir holding up your right hand

Pattern DAN GUN

LINE WORK

Forwards in L stance twin forearm block

Back in L stance knifehand guard block

Forwards in L stance turning kick guarding block

Back in L stance high back fist strike

THEORY

Question:

What is the meaning of Dan Gun

How many moves in Dan Gun

What is knifehand guarding block

What is twin forearm block

What are the 5 tenets

Answer:

Dan Gun is named after the holy Dan Gun

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Sonkal daebi makgi

Sang palmok makgi

- 1. Courtesy*
- 2. Integrity*
- 3. Perseverance*
- 4. Self Control*
- 5. Indomitable Spirit*

REMEMBER!

No talking in line or at the back of the Dojang.

No running around before the grading, just practice.

Call your instructor Master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.