BURNTWOOD AND CANNOCK TAEKWONDO

8th Kup Yellow Belt Grading Sheet

PRACTICAL

Pattern DAN GUN
3 step sparring (1-4)

LINE WORK

Forward – Front kick double punch walking stance
Backward – Inward block L stance
Forward – Turning kick forearm guarding block L stance
Backward – Forearm guarding block L stance
Forward – Twin forearm block L stance
Backward – Knifehand guarding block L stance

THEORY

Interpretation of Pattern, DAN GUN (21 Movements)
Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Stances

Parallel ready stance	Narani junbi sogi
Walking stance	Gunnun sogi
L stance	Niunja sogi

Blocks

Low outer forearm block	Najunde bakat palmok makgi
Middle inner forearm block	Kaunde an palmok makgi
Rising block	Chookyo makgi
Knifehand guarding block	Sonkal daebi makgi
Twin forearm block	Sang palmok makgi
Inward block	Anaero makgi
Forearm guarding block	Palmok daebi makgi

Attacks

High section forefist punch	Nopunde ap joomak jirugi
Middle section knifehand strike	Kaunde sonkal taerigi
Turning kick	Dollyo chagi
Front kick	Ap chagi

Miscellaneous

3 step sparring	Sambo matsoki
Foot sword	Balkal
Ball of foot	Apkumuchi

IMPORTANT – REVISE PREVIOUS SHEET