BURNTWOOD AND CANNOCK TAEKWONDO 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 and then 8th Kup Sir, holding up your right hand
Pattern DAN GUN

LINE WORK

Forwards in L stance twin forearm block
Backwards in L stance knifehand guarding block
Forwards in L stance turning kick forearm guarding block
Backwards in walking stance wedging block

THEORY

Question:	**Answer:**
What is the meaning of Dan Gun?	Dan Gun is named after the holy Dan Gun
How many moves in Dan Gun?	21
What is knifehand guarding block?	Sonkal daebi makgi
What is twin forearm block?	Sang palmok makgi
What are the 5 tenets of Taekwondo?	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 practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.