

WARRIOR CODE

TAEKWONDO ACADEMY



YELLOW BELT LEVEL

8th Kup

Requirements to move up to the next level:

Minimum Age: 7 years old

Fast Track:

Participation in 40 Classes
4 months of consistent training
3-physical stripes
1-knowledge (homework) stripe
1-competition stripe
1-tournament stripe

Regular Track:

Participation in 64 Classes
8 months of consistent training
3-physical stripes
1-knowledge (homework) stripe

Students must complete a competition and a seminar before applying for Green Belt.



STUDY GUIDE

Things to Memorize, Study and Understand

A. The Meaning of Dan-Gun Tul

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

B. The meaning of YELLOW BELT?

Yellow signifies the earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

C. What is Continuous Motion?

Continuous motion has to do adding grace and style to the pattern. In order to perform something in "continuous motion" there must be at least 2 movements in the sequence and where the breath flows and joins the movements on one count - while keeping their proper timing (unless there are more than 3 movements in the sequence).

In the case of Dan-Gunn: there are 2-blocks (low forearm block and an outer forearm block) which are performed in continuous motion. To perform it properly, the sequence should have 2 movements and 2 sinewaves that are joined by 1 long breath. Here is how it works:

- a) You begin by relaxing the body, moving forward, cross the arms preparing to perform a Walking Stance Low Forearm Block (meaning that you lower the body... or "down")*
- b) you then spring the knee (of the standing leg) while moving the leg forward toward the destination of the low forearm block (in this part you are raising the body... or "up")*
- c) land in Walking Stance & perform a Low Forearm Block (landing in Walking Stance... or "down")*
- d) Stay in the position... relax the back leg, bend rear knee and raise the heel and relax the arms (relaxing the body... or "down")*
- e) Straighten the rear leg, raise the level of the body pushing on the rear ankle & lifting the heel (raise the level/height of the body... or "up")*
- f) Stay in the position... press the rear heel down, bringing down the weight of the body and perform a Walking Stance Outer Forearm Rising Block (pressing the body... or "down")*

Meanwhile, throughout these 6-steps, you should have one long steady breath being pushed out, while exhaling sharply at the end of each block. Apply this to Dan-Gun Tul - moves #13 & #14.



STUDY GUIDE

Things to Memorize, Study and Understand

D. The Sections (Horizontal & Vertical lines) of the body:

When it comes to describing the techniques of Taekwon-Do, the body is divided up into 3 horizontal sections and 3 vertical sections.

The Three Horizontal Lines (sections) are:

- **Low Section** (anything below the level of the belly button / navel / umbilicus)
- **Middle Section** (from the level of your belly button to the shoulder level)
- **High Section** (from the level of your shoulders until your eye level)

The Three Vertical Lines (sections) are:

- **Center Line** (straight down the center of your body from head to toe)
- **Chest Line** (straight lines over the center of your right and left chest - from head to toe)
- **Shoulder Line** (straight lines over the center of your right and left shoulders - from head to toe)

E. How do you know which way to cross your hands (during a strike or block):

When it comes to striking and blocking, often we have to cross our hands. How do we know which way is the correct way? Here you go:

When you are only attacking / defending with a single handed technique:

*a) if you are using the **outside of the arm** (outer forearm, knife-hand), you would place the back of the wrist of the striking / blocking hand over (on the top) of the back of the wrist of reaction force hand.*

*b) if you are using the **inside of the arm** (backfist, inner forearm, reverse knife-hand), you would place the back of the wrist of the striking / blocking arm under (on the bottom) the wrist of the reaction force hand.*

If you are using both hands to block / strike:

The first step is to identify if there is a primary strike / block in the technique.

In the case of L-Stance Twin Forearm Block, the block that finishes to the middle section is the primary block - due to the fact that it is where your stance is facing. FOR THIS REASON - the primary block will cross on the inside of the other hand (with the palms of both hands facing inwards)