

# YELLOW BELT PATTERN (DAN-GUN) LINKS...

Dan-Gun is the yellow belt pattern you need to learn to test for next belt promotion. This is a resource. Best learning? Come to class & practice.

**TECHNIQUES:** Practice 1<sup>st</sup>: <https://www.youtube.com/watch?v=oQnflvwATwQ>

**PATTERN:** Simplified: <https://www.youtube.com/watch?v=kgIDjWsWyqE>

With Instructions (detailed):

<https://www.youtube.com/watch?v=RKeACmYBpGo&list=PLF48C4DF9175DA127&index=6>

Regular speed: <https://www.youtube.com/watch?v=SrNsf3blvA0>

**TERMINOLOGY:** Do your best. You can memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt.

Definition of Dan-Gun - [https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2\\_Dan-Gun%20Saying.mp3?ver=1771875850771](https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2_Dan-Gun%20Saying.mp3?ver=1771875850771)

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – [https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros\\_de%20Espanol%20a%20Coreano\\_1-10.MP3?ver=1771885550839](https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839)

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

**KICKING COMBINATIONS:** These videos are not just for young students. They are helpful for students of all ages.

1) Roundhouse Kick-Side Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=DfDjM7Bsalo>

2) Roundhouse Kick-Turn RH Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=W1W0JXxBHv4>

3) RH-Jump RH Kick-Reverse Punch Combination: <https://youtu.be/edSJ2v-0gLU>

\*\*\*There are many more Kick Combinations.... Come to class & learn more.

**ONE STEP SPARRING (1-5):** Begin learning these self-defense techniques. It will take younger students much longer to learn (no worries). [https://www.youtube.com/watch?v=frNkJ5xi\\_Ps](https://www.youtube.com/watch?v=frNkJ5xi_Ps)

**ONE STEP SPARRING (6-10):** Keep practicing 1-5 & learn more self-defense techniques (however long it takes).

<https://www.youtube.com/watch?v=-gTcgSxzPAc>

## **IMPORTANT BASICS TO PRACTICE ALWAYS:**

These are videos that can be watched at any time to improve learning.

### **HOW TO TIE A BELT:**

<https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20>

**BASICS STANCES REVEIWD :** [https://www.youtube.com/watch?v=2n\\_lyCKFh6o](https://www.youtube.com/watch?v=2n_lyCKFh6o)

**BASICS KICKING FOOT PLACEMENT:** <https://www.youtube.com/watch?v=99Urbx2kK0A>

### **BASICS CHAMBERING FOR STRENGTH AND POWER:**

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

### **BASICS SIDE KICK & BACK TURNING KICK**

<https://www.youtube.com/watch?v=LkRdk4Y2N4c>