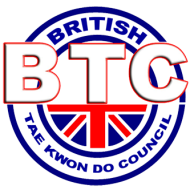
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**8th kup**

**Grade from Yellow Belt to Green ends.**

Students wishing to grade from Yellow Belt to Green ends should know all of the previous section plus the following.

**Belt Colour – Green Belt.**

Green Belt signifies the plants growth as the skills in Taekwon-Do begin to develop.

**Pattern: -** Dan Gun

**Meaning:**

Dan Gun is named after the holy Dan Gun legendary founder of Korea in the year 2333bc.

**Pattern information:**

The pattern consists of 21 movements. All punches in this pattern are high section obverse.

**The new movements introduced in this pattern are:**

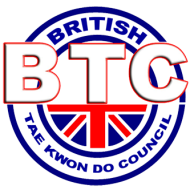
Knifehand Guarding Block - Sonkal Daebi Makgi

Twin Forearm Block - Sang Palmok Makgi

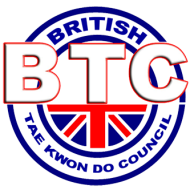
Rising Block - Chookyo Makgi

Knifehand Side Strike - Sonkal Yop Taerigi

High section Obverse Punch - Nopunde Baro Jirugi

**Techniques:**

The Korean terminology for the following techniques, and the parts of the body need to execute them should be known.

**Kicks:**

Front Snap Kick - Ap Cha Busigi (Striking Tool: Ball of the Foot – Ap Kumchi)

Side Kick - Yop Chagi (Striking Tool: Side of the Foot/ Footsword – Balkal)

Turning Kick - Dollyo Chagi (Striking Tool: Ball of the Foot – Ap Kumchi)

Reverse Turning Kick - Bandae Dollyo Chagi (Striking Tool: Back Heel – Dwit Chook)

Back Piercing Kick - Dwit Chagi (Striking Tool: Heel Base – Dwit Kumchi)

Downward/ Axe Kick - Naeryo Chagi (Striking Tool: Back Heel – Dwit Chook)

For jumping kicks prefix the above terminology with Twimyo. E.g. Jumping Front Snap Kick – Twimyo Ap Cha Busigi.

**Hand Techniques:**

Knifehand Strike - Sonkal Taerigi

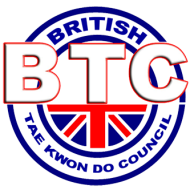
Reverse Knifehand Strike - Sonkal Dung Taerigi

Backfist - Dung Joomuk

Reverse Punch - Bandae Jirugi

Elbow Strike - Palkup Taerigi

Straight Fingertip Thrust - Sun Sonkut Tulgi

**Blocks:**

Rising Block - Chookyo Makgi

Forearm Guarding Block - Palmok Daebi Makgi

Knifehand Guarding Block - Sonkal Daebi Makgi

Twin Forearm Block - Sang Palmok Makgi

Knifehand Block - Sonkal Makgi

Inward Outer Forearm Block - Anaero Bakat Palmok Makgi

Downward Block - Naeryo Makgi

**Set Sparring:**

Three Step Sparring - Sambo Matsoki