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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