8th Gup Yellow to 7th Gup High Yellow

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| Pattern: |
| Dan-Gun |
| Line Techniques/Motions:Techniques will be listed by stance, technique, height, then tool, in English, then Korean\* = requires jump change |
| 1. L-stance stance (middle) side block with the knife-hand (single knife-hand block)
2. Niunja so (kaunde) sonkal yop makgi
3. L-stance middle guarding block with the knife-hand
4. Niunja so kaunde sonkal daebi makgi
5. L-stance twin forearm block
6. Niunja so sang palmok makgi
7. L-stance turning kick

a. Niunja so dollyo chagi1. L-stance back (piercing) kick
2. Niunja so dwitcha jirugi
3. L-stance lead leg flying side kick\*
4. Niunja so twigi ap dari yopcha jirugi
5. Walking stance low block with the outer forearm, rising block with the outer forearm (perform in a continuous motion)
6. Gunnun so najunde bakat palmok makgi, bakat palmok chookyo makgi
7. (L-stance) Front kick, skip front kick\* (same leg kicks)
8. (Niunja so) Apcha busigi, duro gamyo apcha busigi
9. (L-stance) Turning kick; back (piercing) kick combination\* (2 kicks, 2 legs)
10. (Niunja so) Dollyo chagi; dwitcha jirugi honap
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| 1. Balance Techniques:
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| 1. 5 part turning kick
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| Target Techniques: |
| 1. Front kick, 1-2 punch
2. Side kick
3. Side strike with the knife-hand
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| Force Shield Techniques |
| 1. Lead leg side kick
2. (Reverse) Front elbow strike
3. Downward strike with the knife-hand
4. Back kick
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| Self Defense (Hosin Sul) |
| Release:1. Release from rear choke with 2 hands

Grappling:1. Grapple opponent of similar size for 2 minutes (done in class, not at MSY test)

Break Falls:1. Back shoulder roll (right and left) to a standing position
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| Sparring: |
| **Compulsory Step Sparring:**1. **Attack** – Step forward into a right walking stance executing a twin straight choke. **Defense** – Step back into a right walking stance executing a high wedging block with the outer forearm. **Counter Attack** – Grab shoulders and execute a left front kick with the knee, setting the foot down in front into a fighting stance and execute a right upset punch.
2. **Attack** – Execute a right middle front kick. **Defense** – Adjust back into a left walking stance executing an obverse low block. **Counter Attack** – Adjust left foot back slightly to adjust for space, execute a low right front kick TO the knee, followed by a middle right side kick to the ribs, and then a right turning kick to the head, then set down the foot back into a right L-stance. **Note** – Ask the attacker to begin in a right L-stance. Make sure to state this when you ask for the attack. Also, these kicks are a demonstration of control.
3. **Attack** – Step forward into a right walking stance obverse high section punch. **Defense** – Step back into a left walking stance executing a high block with the left outer forearm. **Counter Attack** – Bring the left foot back to the right. Step forward into a right walking stance, obverse middle section punch, reverse middle section punch, obverse hooking punch to the jaw, reverse upset punch (pivoting the hips with each punch – four part punching).
4. **Attack** - Step forward into a right walking stance executing a right obverse middle section punch. **Defense** – Step back into a right L-stance executing a middle section single knife-hand block. **Counter Attack** – Adjust front foot back, execute a double turning kick (middle, then high).
5. **Attack** – Step forward into a right walking stance executing a twin lapel grab. **Defense** – Step back and execute twin downward forearm strikes to the opponent’s elbows. **Counter Attack** – Execute a slow motion front kick to the groin. Then step back into a fighting stance.
6. **Attack** – Right turning kick to the lower mid-section (about belt level). **Defense** – Step left into the kick into a left walking stance, low block with the outer forearm. **Counter Attack** – Reverse palm strike to the chin. (Note – have your attacker start in a right L-stance.)
7. **Attack –** Execute a twin straight choke. **Defense** – Step back executing a palm strike to the lower chest (can be done from either side). **Counter Attack** – Execute a lead leg side kick followed by a skip side kick.
8. **Attack –** Execute a right front kick, followed by a right downward knife-hand strike. **Defense** – Step right into a left walking stance executing a left low block with the outer forearm and a left rising block with the forearm (perform in a continuous motion). **Counter Attack** – Bring the left foot back to the right, perform a right turning kick to the ribs, then a back kick. (Note – have your attacker start in a right L-stance.)

**Step Sparring:** Come up with 3 of your own advanced 3 step sparring routines (forward with attacks, backwards defending, 2 or more counter attacks)**Free Sparring:**1. No contact free sparring
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| Breaking: |
| Hand Technique:1. Side hammer fist (no children under 9)

Foot Technique:1. Ages 14 and up - Consecutive kick – front kick, back kick (Phoenix Group standard)
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| New Terms: |
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| **English** | **Korean** |
| Twin forearm block | Sang palmok makgi |
| Turning kick | Dollyo chagi |
| Back (piericng) kick | Dwitcha jirugi |
| Switch your feet (or stance) | Bal bah kwah |
| In your time (at your own pace) | Koo ryung op see |
| Strike | Taerigi |
| Guarding block | Daebi makgi |
| Middle guarding block with the knife-hand | Sonkal daebi makgi |
| Forearm | Palmok |

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| History: |
| * Oral test given by judge on technique, all previous history, new pattern history and details about the form
* Know the following Korean terms listed above:
* Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch)
* Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar user name; make sure you get the correct one). Go to the “Classes” tab and select the Intermediate Class. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.
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\*Requires jump change

\*\*\*Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.