

## 8<sup>TH</sup> KUP REVISION SHEET – YELLOW BELT

To pass your grading will have to demonstrate:

- Anything you have previously learnt plus:
- Twin Forearm Block in L Stance
- Forearm Guarding Block
- Knife Hand Guarding Block
- Dan-Gun Tul
- Three Step Sparring (1-6)
- Three Step Semi Free Sparring

### Meaning of Dan-Gun – 21 moves

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC

**Green Belt signifies:** The plants growth as Tae Kwon Do skills begin to develop

### New moves

Sang Palmok Makgi - Twin Forearm Block.  
Palmok Daebi Makgi - Forearm Guarding Block.  
Sonkal Daebi Makgi - Knife hand Guarding Block.  
Ap cha Busigi, Doo Jirugi - Front snap kick double punch

### Parts of the body

Balkal - Foot sword

### Sparring

Ban Jayoo Matsoki - Three step semi free Sparring

### Examples

1. Walking stance, outer forearm low block, rising block = Gunnun sogi, Bakat palmok najunda makgi, choosyo makgi
2. L-Stance, twin forearm block = Niunja sogi, sang palmok makgi

Remember, you can always be asked the questions that you got wrong last time.