

8TH KUP Grade sheet –Yellow Belt to Green Tag

Key areas you will be asked to demonstrate in the grading:

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

Interpretation 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

Twin Forearm Block.	Sang Palmok Makgi
Forearm Guarding Block.	Palmok Daebi Makgi
Knife hand Guarding Block.	Sonkal Daebi Makgi
Front snap kick double punch	Ap cha Busigi, Doo Jurigi
Foot sword	Balkal
Three step semi free Sparring	Ban Jayoo Matsoki