



GRADING SYLLABUS

8TH KUP YELLOW BELT

TO

7TH KUP GREEN TAG



Yellow Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Yellow Belt Colour Meaning: Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green Belt Colour Meaning: Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

Pattern Name: Dan-Gun Tul

Pattern: Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333BC

Moves in Korean

Knife-hand middle guarding block	Sonkal kaunde daebi makgi
Twin forearm block	Sang palmok makgi
Turning kick	Dollyo chagi
Outer forearm outward block	Bakat palmok bakaero makgi
Knife-hand outward block	Sonkal bakaero makgi
High section punch	Nopunde jirugi
High section knife-hand inward strike	Nopunde sonkal anaero taerigi
Continuous motion	Yonsok dongjak
Forearm guarding block	Palmok daebi makgi
3 step sparring	Jayoo matsoki

Twenty Samul

Dan-Gun Tul

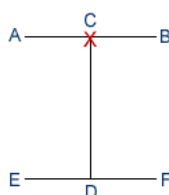
Interpretation: Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333BC.

Ready stance: Parallel Ready stance

No of moves: 21

No of stances: 3

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A, forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D, forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D, forming a left walking stance toward D, at the same time executing a high punch to D with the left fist.
8. Move the right foot to D, forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counterclockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E, forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin forearm block.
12. Move the left foot to F, forming a left walking stance toward F, at the same time executing a high punch to F with the left fist.
13. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C.
***Perform 13 and 14 in a continuous motion.**
15. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.

Cont/...



Dan-Gun Tul (cont'd)

16. Move the left foot to C, forming a left walking stance toward C while executing a rising block with the left forearm.
17. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
18. Move the left foot to B, turning counterclockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
19. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.
20. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
21. Move the left foot to A, forming a left walking stance toward A, at the same time executing a high punch to A with the left fist.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command "baro" is given; at this point the left leg is moved to form a parallel ready stance facing D.

***Continuous Motion (Yonsok Dongjak)**

When techniques are performed in your own time, the techniques may be considered as being performed continuously, however, unless otherwise instructed, all techniques are stopped, if only for a very short moment of time, before the next technique is started.

In Taekwon-do terminology this term is used to describe two or more techniques performed in succession **without** stopping.

In pattern Dan-Gun, for example, movements 13 and 14 are to be performed in a 'Continuous Motion'. This means that as the low block is completed the rising block is started. The rising block and stance are then finished to a full stop before movement 15. Movement 13 flows into movement 14 without a pause, i.e. 12-stop, 13 and 14 stop, 15 stop etc.

It is important not to forget breath control as these techniques are **not** performed in the same breath.



High punch
Walk stance

4 Walk stance

Mid knife-hand guarding block
L stance

3 L stance

Mid knife-hand guarding block
L stance

1 L stance

High punch
Walk stance

2 Walk stance

Low outer forearm block
Walk stance

5 Walk stance

High punch
Walk stance

6 Walk stance

High punch
Walk stance

7 Walk stance

High punch
Walk stance

8 Walk stance

Twin outer forearm block
L stance

9 L stance

High punch
Walk stance

10 Walk stance

High punch
Walk stance

21 Walk stance

Outward knife hand strike
L stance

20 L stance

Outward knife hand strike
L stance

18 L stance

High punch
Walk stance

19 Walk stance

Rising block
Walk stance

17 Walk stance

Rising block
Walk stance

16 Walk stance

Rising block
Walk stance

15 Walk stance

Rising block
Walk stance

14 Walk stance

Low outer forearm block
Walk stance

13 Walk stance

Twin outer forearm block
L stance

11 L stance

High punch
Walk stance

12 Walk stance

Three Step Sparring – Yellow Belt

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	<p>Attacker – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin.</p> <p>Defender - parallel ready stance, kihap to show they are ready to defend.</p>
The Attack	<p>Step right leg forward, right walking stance, middle section obverse punch.</p> <p>Step left leg forward, left walking stance, middle section obverse punch.</p> <p>Step right leg forward, right walking stance, middle section obverse punch.</p>

The Defences & Counter Attacks

1.	Defence	<p>Step the right leg back into a left walking stance, perform a middle section inner forearm outward block with the left arm.</p> <p>Step the left leg back into a right walking stance, perform a middle section inner forearm outward block with the right arm.</p> <p>Step the right leg back into a left walking stance, perform a middle section inner forearm outward block with the left arm.</p>
	Counter	Remaining in this stance, perform a middle section reverse punch with right hand
2.	Defence	<p>Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right arm.</p> <p>Step the right leg back into a right L-stance, perform a middle section inner forearm outward block with the left arm.</p> <p>Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right arm.</p>
	Counter	Move the left leg forward at a 45° angle, move right leg to form a left L-stance to the outside of the attacker's right foot. Perform a high section knife-hand strike to the neck with the right hand, pulling left hand back and finishing on the belt.
3.	Defence	<p>Step the left leg back into a left L-stance, perform a middle section outer forearm inward block with the right arm.</p> <p>Step the right leg back into a right L-stance, perform a middle section outer forearm inward block with the left arm.</p> <p>Step the left leg back into a left L-stance, perform a middle section outer forearm inward block with the right arm.</p>
	Counter	Remaining in this stance perform a back fist front strike to the bridge of the attacker's nose with the right hand.

Cont/...



Three Step Sparring – Yellow Belt (Cont'd)

4. Defence Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right arm.
 Step the right leg back into a right L-stance, perform a middle section inner forearm outward block with the left arm.
 Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right arm.
- Counter Step out with left leg to form a sitting stance at a 45° angle to the opponent. Whilst doing this, extend the blocking arm to the opponent's side just above the belt; perform a double punch and kihap.



Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

All the information relevant to this grading can be found in the grading syllabuses for 10th Kup – 8th Kup.

Know everything from all the previous grading syllabuses/checklists	
Sitting stance, 10 double punches (counting in Korean)	
Walking ready stance, turning kick, double block	
20 Press ups	
Front snap kick, walking stance, double punch	
L-stance, twin forearm block	
Turning kick, L-stance, forearm guarding block	
L-stance, inward middle block	
L-stance, knife hand guarding block	
Chon-Ji Tul	
Dan-Gun Tul	
Three step sparring - 1 - 4	