

# Yellow Belt - 8<sup>th</sup> Kup

**Pattern:** Dan Gun (tul means pattern)

**No of Movements:** 21      **No of Stances:** 3

## Meaning of Dan Gun

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

## Yellow:

Yellow signifies the Earth, from which a plant sprouts and takes root, as Tae Kwon-Do foundation is being laid.

## The meaning of Green:

Green signifies the plants growth as Tae Kwon-Do skills begin to develop.

## Parts of the body

Palm	Sonbadak
Knifehand	Sonkal
Fist	Joomuk

## Levels

High	Nopunde
Middle	Kaunde
Low	Najunde

## Korean Terms

Inward	Anaero
Outward	Bakaero
Back	Dung

# Pattern Dan Gun

WS = walking stance

RH = right hand

RL = right leg

LS = L stance

LH = left hand

LL = left leg

## The pattern moves

- Junbi
  1. Turn to the left, Knife hand guarding block LS
  2. Walk forwards, high section punch, RH, WS
  3. RL to LL, turn backwards, LS to the right, knife hand guarding block
  4. Walk forwards, high section punch, LH, WS
  5. Turn to the front, low block over, LL, WS
  6. Walk forward, high section punch, RH, WS
  7. Walk forward, high section punch, LH, WS
  8. Walk forward, high section punch, RH, WS
  9. LL to RL turn backwards, LS to the left, twin forearm block
  10. Walk forward, high section punch, RH, WS
  11. RL to LL, turn backwards LS to the right, twin forearm block
  12. Walk forward, high section punch, LH, WS
  13. Turn to the back low block over LL, WS,
  14. look at your watch, make rising block LH
  15. Walk forward rising block RH, WS
  16. Walk forward rising block LH, WS
  17. Walk forward rising block RH, WS
  18. LL to RL, turn backwards, LS to the left, look at your watch, knife hand strike LH,
  19. Walk forward, high section punch, RH, WS
  20. RL to LL, turn backwards, LS to the right, look at your watch, knife hand strike RH,
  21. Walk forward, high section punch, LH, WS

# Sparring terms

## 3 Step Sparring ~ Sambo Matsoki

All attacks are: *right leg back, low block, walk forwards and punch 3 times.*

Ready to Attack - Kihap

The Defence for:

1. Right leg back  
Walking stance  
Middle inner forearm block x 3  
Reverse punch ~ Kihap
2. Left leg back  
L stance  
Middle inner forearm block x 3  
Move the left leg forward 45 degrees, move the right leg into an L stance, execute a right knife hand strike to the back of the neck ~ Kihap
3. Left leg back  
L stance  
Middle inward outer forearm block x 3  
Slide forward in a left L stance and execute a right front back fist to the opponent's philtrum.
4. Left leg back  
L stance  
Middle inner forearm block x 3  
Move the left leg into a sitting stance, focus with left hand and execute a double punch to the opponent's kidney area.

# Dan Gun

## STRIKES

Knifehand Strike

Sonkal Taerigi

## BLOCKS

Knifehand Guarding Block  
Twin Forearm Block  
Rising Block  
Inward Outer Forearm Block

Sonkal Daebi Makgi  
Sang Palmok Makgi  
Chookyo Makgi  
Anero Bakat Palmok Makgi

## KICKS

Side Kick  
Turning Kick

Yop Chagi  
Dollyo Chagi

## PUNCHES

Forefist High Punch

Ap Joomuk Nopunde Jirugi