

Grading Information 8th KUP Yellow Belt

Practical

Pattern Dan Gun

LINE WORK

Forwards Front Kick Double Punch Walking Stance

Backwards Inward Block L Stance

Forwards Turning Kick Forearm Guarding Block L Stance

Backwards Forearm Guarding Block L Stance

Forwards Twin Forearm Block L Stance

Backwards Knifehand Guarding Block L Stance

3 Step Sparring (1-4)

Theory

Interpretation of Pattern, Dan Gun (21 Movements)

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

English to Korean Translation

Stances

Parallel Ready Stance

Narani Junbi Sogi

Walking Stance

Gunnun Sogi

L Stance

Niunja Sogi

Blocks

Rising Block

Chookyo Makgi

Lower Outer Forearm Block

Najunde Bakat Palmok Makgi

Middle Inner Forearm Block

Kaunde an Palmok Makgi

Knifehand Guarding Block

Sonkal Daebi Makgi

Twin Forearm Block

Sang Palmak Makgi

Inward Block

Anaero Makgi

Forearm Guarding Block

Palmok Daebi Makgi

Attacks

High Section Forefist Punch

Nopunde ap Joomak Jirugi

Middle Section Knifehand Strike

Kaunde Sonkal Taerigi

Turning Kick

Dollyo Chagi

Front Kick

Ap Chagi

Miscellaneous

3 Step Sparring

Sambo Matsoki

Important

Revise Previous Sheets