



Brownhills Tae Kwon Do Tigers

8th KUP Yellow Belt Grading Sheet

Practical

Line up in front of the Master in attention stance

Come to attention and bow

Say your name then 8th KUP Sir holding up your right hand.

Pattern Dan Gun

Linework:

Forwards in L stance twin forearm block

Backwards in L stance knifehand guard block

Forwards in L stance turning kick guarding block

Backwards in L stance high back fist strike.

Theory

Questions

What is the meaning of Dan Gun?

How many moves are in the pattern Dan Gun?

What is Knifehand Guarding Block?

What is twin forearm block?

What are the 5 tenets of Tae Kwon Do?

Answers

Dan Gun is names after the holy Dan Gun

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Sonkal Daebi Makgi

Sang Polmak Makgi

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit

REMEMBER!!!

No talking in line or at the back of the Dojang while the grading is taking place.

No running around before the grading, just practice.

Call your Instructor, Master or any other black belts Sir for males and Mamm for females.

When leaving the Dojang make sure to bow at the door and leave quietly.