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Murrays Taekwondo

8th Kup to 6th Kup Grading Revision Sheet:
Double Grading, Yellow Belt promotion to Green Belt

The Grading...

- Fitness test
- Line work & drills
- Do-San
- Dan-Gun
- Self defence
- Free Sparring
- Theory

Theory

What does the colour green signify?

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop.

Interpretation to Do-San:

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement

Interpretation to Dan-Gun:

DAN-GUN is named after the holy Dan-Gun, legendary founder of Korea in the year 2333B.C.
Other general questions on taekwondo...

Self-Defence (Intermediate)

Applications of techniques against an opponent **that will let you apply the technique** in order to escape. This is to demonstrate that the student has a practical knowledge of self defence techniques but might not necessarily be able to apply them to an aggressive opponent.

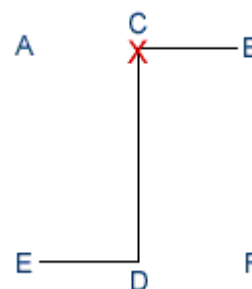
As opposed to advanced self-defence where the opponent will not give up unless the student makes them – the student would be allowed to hurt the attacker but not injure them.

Do-San

Number of Movements: 24

Meaning of Do-San:

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.



Starting Position: Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand

END: Bring the right foot back to a ready posture.

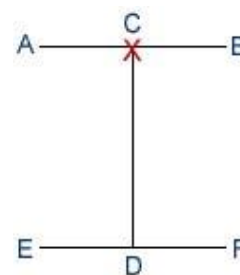
Dan-Gun

Number of Movements: 21

Meaning of Dan-Gun:

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

Starting Position: Parallel ready stance



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 while 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 counter clockwise 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 to F
12. Move the left foot to F forming a left walking stance toward F while 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
16. Move the left foot to C forming a left walking stance toward C, at the same time 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 counter clockwise 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 while executing a high punch to A with the left fist

END: Bring the left foot back to a ready posture