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Murrays Taekwondo

8th Kup to 7th Kup Grading Revision Sheet: Yellow Belt promotion to Green Stripe

The Grading...

- Fitness test
- Line work & drills
- Dan-Gun
- Self-defence
- Free sparring
- Theory

Pads are required for this grading

Theory

What does the colour green signify?

How many moves in Dan-Gun?

How do you generate power?

What are the major muscles used in kicking?

With what part of the hand do you 'connect' with when punching?

Other questions on stances, blocks, kicks, punches, strikes and self-defence...

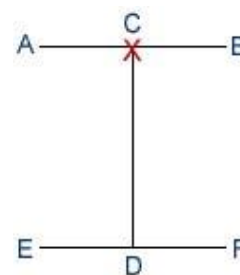
Dan-Gun

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