



## 8th gup Yellow –7th gup High Yellow Belt Training Sheet —Know all previous techniques!

### Definitions

#### **Dan-Gun:**

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC. (21 movements)

#### **Help point:**

All punches in Dan-Gun are high punches (eye level). However, it is still important that you do not bend your wrist to execute them. Dan-Gun is also an “P” formation pattern (ask instructor to elaborate).

#### **Definition of White Winged Tiger**

In Korea, the saying “to give wings to a tiger” is to add intelligence to power. A tiger with wings is not only dangerous, but has the capability to turn up anywhere. The whiteness symbolizes innocence and purity.

#### **Definition of Rank: White**

White signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.

#### **Definition of Rank: Yellow**

Yellow signifies the earth, from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

### Kicks and Foot Techniques

- Turning kick with ball of the foot
- Stepping side kick
- Spinning back kick
- Stepping hook kick with front leg (striking with back of heel)

### Hand Techniques

- Middle knife hand strike
- Low and high knife hand guarding block (Kibon 3)
- Twin forearm block in back stance (L)
- Double knife hand guarding block in a back stance

### Patterns

#### **Dan-Gun**

#### **All previous patterns and kibons**

#### **Kibon #3** (Step into a horse riding stance.)

1. Perform a single middle knife hand block with your left hand.
  - 1a. Repeat with your right hand.
2. Perform a low knife hand guarding block with your left hand.
  - 2a. Repeat on the right with a circular motion.
3. Perform a high knife hand guarding block with your left hand.
  - 3a. Repeat on your right hand.
4. Perform a straight fingertip strike with your left hand (right hand crossed under).
  - 4a. Repeat on your right side (left hand under).

### Technical Knowledge

Definition of Dan-Gun  
Definition of the white winged tiger  
Definition of rank: white  
Definition of rank: yellow  
Safety plan (Tigers)  
All previous knowledge and definitions

### Self Defense

ATTACK: Shoulder grab (single)  
DEFENSE: Arm lock with arc hand to the neck  
ATTACK: Shoulder grab (reverse side cross grab)  
DEFENSE: Elbow joint lock takedown

### Sparring

One steps (minimum of 4)

### Breaking

Techniques and number of boards will be determined by the testing board