



ITF 8th Kup Yellow Belt Grading Syllabus

Theory

- 1. What is the meaning of pattern Dan-Gun?** – Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333BC.
- 2. How many moves in Dan Gun?** – 21
- 3. What is Knife hand strike in Korean?** – Sonkal Taerigi
- 4. What is a twin forearm block in Korean?** – Sang Palmok Makgi
- 5. What is Knife hand guarding block in Korean?** – Sonkal Daebi Makgi
- 6. What are the shoulder positions for Knife hand Strike, Knife hand guarding block and twin forearm block?** – Half facing.
- 7. What section are the punches in Dan Gun Tul?**
- 8. What is the High section in Korean?** - Nopunde
- 9. What does the colour Green signify?** – Signifies the plants growth as the Taekwon-Do skills begin to develop.
- 10. What is inward and outward in Korean?** – Anuro and Bakuro.
- 11. What is fore fist punch in Korean?** – Ap Joomok Jurugi.
- 12. What is left and right in Korean?** – Wen (left) Orun (right)
- 13. How many Degree/Dan grades are there in Taekwon-Do?** – Nine
- 14. What's the weight distribution of walking stance?** – 50/50

Korean Terms

General Terms		Defensive Moves		Offensive Moves		Sparring	
English	Korean	English	Korean	English	Korean	English	Korean
Inward	Anaero	Knifehand Guarding Block	Sonka Daebi Makgi	Inward Knifehand Strike	Anaero Sonkal Taerigi	Three Step Sparring	Sambo Matsoki
Outward	Bakaero	Twin Forearm Block	Sang Palmok Makgi	High Section Obverse Punch	Nopunde Baro Jirugi		
Upward	Olyyo	Inward Outer Forearm Block	Anaero Bakat Palmok Makgi	Side Front Snap Kick	Yop Ap Cha Busigi		
Downward	Naeryo						

DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

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