**GRADING INFORMATION 8th Kup Yellow Belt**

Student will need to start getting together a sparring kit for future grading and personal use in class. Please see me for details.

**Practical:**

Pattern - Dan Gun.

L-Stance - Twin Forearm Block

3 Step Sparring (1 2 3 4)

L-Stance - Inward Block, L-Stance - Forearm Guarding Block

Front Kick - Double Punch, Turning kick - Guarding Block

**Theory required**

Questions from the theory below and also any previous grading theory will be asked by the Black Belts on the night as usual.

**Interpretation of pattern Dan Gun**

Dan Gun - 21 movement pattern - is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

**Meaning of Green Belt**

Green Belt Signifies the plants growth as Tae Kwon-Do skills begin to develop.

**Korean Terminology required:**

Knife-hand guarding block - Sonkal daebi makgi

Inward block - Anuro makgi

Twin forearm block - Sang palmok makgi

Outward knife hand strike - Bakuro sonkal taerigi

Back fist front strike - Dung joomuk ap taerigi

Turning kick - Dollyo chagi

3 Step sparring - Sambo matsoki

Inward - Anuro Outward - Bakuro

Five - Dasaul, Six - Yousaul, Seven - Ilgop, Eight - Yodoll, Nine - Ahop Ten - Yoll