



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION

8TH KUP – YELLOW BELT

PRACTICAL

Basics and Patterns from Previous Gradings

Pattern Dan Gun

Walking Stance & Front kick Double Punch

L Stance Inward Block

Turning kick, L Stance Guarding Block

L Stance Forearm Guarding Block

L Stance Twin Outer Forearm Block

3 Step Sparring No's 1 to 4

MEANING OF COLOUR GREEN

Signifies the plant's growth as the Tae Kwon-Do skill begins to develop.

INTERPRETATION OF THE PATTERN

Dan Gun is named after the Holy Dan Gun the legendary founder of Korea in the year 2333 BC. 21 moves.

NEW MOVEMENTS IN PATTERN

Knife Hand Guarding Block

Twin Outer Forearm Block

Knife Hand Strike

Sonkal Daebi Makgi

Sang Bakat Palmok Makgi

Sonkal Taerigi

NEW MOVEMENTS IN 3 STEP SPARRING

3 Step Sparring

Knife Hand Side Strike

Outer Forearm Inward Block

Back Fist Front Strike

Sambo Matsoki

Sonkal Yop Taerigi (*to neck*)

Bakat Palmok Anuro Makgi

Dung Joomuk Ap Taerigi (*to bridge of nose*)

NEW TERMINOLOGY

Forearm Guarding Block

Palmok Daebi Makgi

COUNTING BY NUMBERS

One

Two

Three

Four

Five

Hanna

Dool

Seth

Neth

Dasaul

Six

Seven

Eight

Nine

Ten

Yasaul

ilgop

Yadoll

Ahop

Yoll