



8th Kup Yellow Belt

GRADING INFORMATION: A licence/renewal costs £42 for 12 months.

The cost per grading is £32.

TAGB White Dobok suits must be worn for grading - these can be purchased at £38 for sizes 2 and below, and £40 for sizes 3 and above.

Pattern - Dan Gun

PRACTICAL: Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.

Attention and bow.

Give your name, followed by grade (8th Kup Sir/Ma'am)

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

Attention bow, and leave the floor.

The most important thing at grading is to LISTEN to instructions; they may be done in any order. Everyone makes mistakes, it's how you deal with them that counts!

THEORY: You will be asked any 3 questions from the following...

Questions from the theory are below. Any previous grading theory could also be asked:

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 plant's 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**

✉ sarah.ginger@gmail.com

☎ 07772 961086

🌐 sarahgingertaekwondo.com

Find us on  @SGTKD

