



8TH KUP



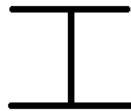
YOU MUST KNOW EVERY THING FOR 10TH/ 9TH KUP ALSO.
DO NOT FORGET WHAT YOU'VE ALREADY LEARNT!

PATTERN: DAN GUN

Number of moves: 21

Interpretation: Dan Gun is named after the holy Dan-Gun, legendary founder of Korea in the year 2333 BC.

Diagram:



Ready Position: Narani Chunbi Sogi

3 STEP SPARRING: NUMBERS 1-4

GENERAL QUESTIONS:

What does the colour green signify? Green signifies the plants growth as Tae Kwon-Do skills begin to develop.

When was the TAGB formed? August 1983.

Why do we do Sambo Matsoki (3 step sparring)? To develop focus, distance and timing. It is designed for the beginner to learn the basic techniques and also teaches many things such as correct facing, forearm conditioning, correct blocks, correct stances, and counter attacks.

KOREAN:

INWARD/OUTWARD.....	ANAERO/ BAKAERO
TWIN FOREARM BLOCK.....	SANG PALMOK MAKGI
FRONT KICK DOUBLE PUNCH.....	AP CHAGI DOO JIRUGI
OUTER FOREARM INWARD BLOCK.....	BAKAT PALMOK ANAERO MAKGI
TURNING KICK.....	DOLLYO CHAGI
BACK FIST FRONT STRIKE.....	DUNG JOOMUK AP TAERIGI
KNIFEHAND GUARDING BLOCK.....	SONKAL DAEBI MAKGI
HIGH SECTION.....	NOPUNDE
MIDDLE SECTION.....	KAUNDE
LOW SECTION.....	NAJUNDE
3 step sparring.....	Sambo Matsoki