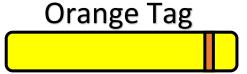


8th Kup Yellow Belt Grading + Assessment Information

Kings Cubs Will need to go through the entire tag system

KTA will receive a black tag on completion of a pre grading



Blue Tag



- Chon Ji
- Dan Gun (1st Half)
- L-Stance Knife Hand Guarding Block (Line Work)
- 3 Step Sparring Basic (Measure Procedure Only)
- Walking Stance Front Kick Double Punch
- Chon Ji
- Dan Gun
- L-Stance Twin Forearm Block (Line Work)
- L- Stance Outward Knife Hand Strike (Line Work)
- Sitting Stance Double Punch
- 3 Step Sparring Basic
- Walking Stance Front Kick Double Punch
- Chon Ji
- Dan Gun
- Low Block Rising Block Continuous Motion (Line Work)
- Walking Stance Front Kick Double Punch
- Sitting Stance Double Punch
- 3 Step Sparring Basic
- Side Kick (Line Work)

Pregrading

- Chon Ji
- Dan Gun
- Sitting Stance Double Punch
- Walking Stance Front Kick Double Punch
- Low Outer Forearm Block Rising Block Continuous Motion (Line Work)
- Side Kick (Line Work)
- 3 Step Sparring Basic
- 3 Theory Questions

Grading Practical

- Chon Ji
- Dan Gun
- Sitting Stance Double Punch
- Walking Stance Front Kick Double Punch
- Low Outer Forearm Block Rising Block Continuous Motion (Line Work)
- Side Kick (Line Work)
- 3 Step Sparring Basic
- Theory

Theory Examples

1. What is the meaning of Dan Gun?

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

2. How many movements in pattern Dan Gun?

21 Movements

3. What is the meaning of Green Belt?

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

4. Why do we learn 3 Step Sparring?

To learn Timing Focus

Coordination

5. What part of the foot is the weapon for a Side Kick?

Foot Sword - Balkal

Terminology

General Terminology

3 Step Sparring --- Sambo matsogi Foot Sword --- Balkal Ball of the Foot --- Ap Kumchi Side --- Yop Inward --- Anuro Outward --- Bakuro

Attacking Techniques

High Fore fist Punch --- Napunde Ap Joomuk Jirugi
Middle Outward Knife Hand Strike --- Kaunde Bakuro Sonkal Taerigi
Side Kick --- Yop Chagi

Defending Techniques

Outer Fore Arm Rising Block --- Bakat Palmok Chookyo Makgi Middle Knife Hand Guarding Block --- Kaunde Sonkal Daebi Makgi Twin Fore Arm Block --- Sang Palmok Makgi