



# 8<sup>th</sup> 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

## Orange Tag



- Chon Ji
- Dan Gun (1<sup>st</sup> Half)
- L-Stance Knife Hand Guarding Block (Line Work)
- 3 Step Sparring Basic (Measure Procedure Only)
- Walking Stance Front Kick Double Punch

## Blue Tag



- 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

## Black Tag



- 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**