

8th Kup - Yellow Belt

Dan Gun

Number of movements: 21

Starting position: Parallel Ready Stance (Narani Chunbi Sogi).

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

General Terms

Inward - Anaero
Self Defence - Hosin Sul

Defensive Moves

Knifehand Guarding Block – Sonkal Daebi Makgi
Twin Forearm Block - Sang Palmok Makgi
Outer Forearm Inward Block - Bakat Palmok Anaero Makgi

Offensive Moves

Knifehand Strike - Sonkal Taerigi
Turning Kick - Dollyo Chagi

Parts of the Body

Knifehand - Sonkal

Sparring

Free Sparring - Jayoo Matsoki
(See Appendix 5)

Belt Colour

Green: Signifies the plant's growth as Taekwon-Do skills begin to develop.