

LINE WORK FOR 8TH KUPS

RIGHT LEG BACK AND GUARD - REVERSE PUNCH ON THE SPOT WITH A KIAP (4 TIMES) THEN SWITCH LEGS AND REPEAT

BWD - TWIN OUTER FOREARM BLOCK

FWD - FRONT KICK DOUBLE PUNCH LANDING IN WALKING STANCE

BWD - L-STANCE INWARDS MOVING BLOCK (AS IN 3-STEP No3)

FWD - TURNING KICK LANDING IN L-STANCE WITH GUARDING BLOCK

BWD - L-STANCE FOREARM GUARDING BLOCK

PATTERN CHON-JI

PATTERN DAN GUN

THEORY

PATTERN DAN GUN

21 moves

Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C. It is said that in the time of the mythical Chinese Emperor Yao, the supreme deity Hwanin allowed his son, Hwanung, to descend to Earth. This he did at Taebael-San (near modern day Pyong-Yang). The legend has it that he overheard a bear & a tiger talking "would that we might become men". He promised to turn the creature who could complete the challenge that he would set, into a human. The task was to live in a cave for 21 days & eat only garlic. The tiger, due to its fierceness, could not complete the challenge, but the bear, with greater patience & faith, was able to finish Hwanung's test. He kept his promise & turned the bear into a beautiful women, Ungnyo. The two were to have a child, this child was called Dan Gun (this name means "mountain birch ruler" to represent his birth underneath a Pak-Tal tree). Dan Gun eventually founded the Korean nation & led his people to reside on mount Paekdu. In what is now North Korea on the Chinese border, Korea's highest mountain, Paekdu-San (White Headed Mountain) exists. This is an ancient volcano & at its peak a crater lake exists, named Lake Chon.

3 STEP SPARING No 1-4, JUNIORS No 1-2 13 years old to 18 years old only.

This gives you the opportunity to apply your techniques against a real attacker. Key to this is to ensure that you punch directly down the centre of your body and do not avoid your opponent. Kihap loudly make your movements precise and powerful without causing your opponent injury.

THEORY

TYPICAL THEORY FOR 8TH KUPS

Theory for your 8th Kup grading typically consists of 3 questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern?

As above

How many movements does it have?

21

What is the Korean for Front Kick and what part of the foot do you use?

Ap chagi – front kick, ball of foot = part of the foot, ball of foot = ap kumchi.

What is the Korean for turning kick and what part of the foot do you use?

Dollyo chagi = turning kick, ball of foot = part of foot that you kick with.

What is the Korean for 3 step sparring?

Sambo matsoki this teaches us distance, the use of blocking with your forearm, practicing your stances and counter attacking.

What is the Korean for guarding block, and what is it's purpose?

Daebi makgi. Allows you to either attack your opponent or defend yourself.

Who are the founder members of the UKTKD?

Mr Kinney, Mr Wadlow, Mr Nutt

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.

JUNIOR THEORY QUESTIONS

For the juniors, depending on age and ability, we tend to make the theory questions much easier.

THE MOST COMMON JUNIOR QUESTIONS ARE:-

What is the name of your pattern and how many movements does it have?

Dan Gun

Why do we learn 3 step sparring?

Teaches us distance, the use of blocking with your forearm, practicing your stances and counter attacking.

What's your favourite part of Tae Kwon-Do?

Your own interpretation

Show me what part of the foot you would use for a Turning Kick?

Ball of foot

OTHR MEANING OF WORDS AND MEANING OF APPLICATION OF MOVES

Yellow belt

signifies earth, from which a plant sprout and takes root as Tae Kwon Do foundation is being laid

Twin outer forearm block

Sang palmok makgi. Prevents a strike to the head and either a kick or a hooking punch.