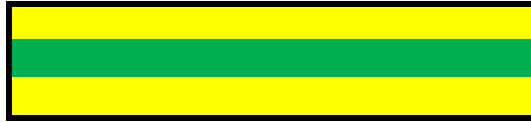


REQUIREMENTS FOR 7TH KUP GRADING

Yellow Belt – Green stripe



Tip work for juniors is as follows:

Note: Adults can use this as a guide towards preparation for their grading.



L Stance knife hand strike, Name of new pattern? – Dan Gun



Walking stance low block rising block, How many moves in Dan Gun - 21



Twin Forearm Block forwards and backwards, 3 step sparring showing correct measure.



Side kick breaking, Half of Dan Gun.



Sparring and pattern Dan Gun

The grading will be as follows:

1. Presentation and etiquette
2. L Stance twin forearm block
3. Walking stance low block rising block
4. L stance knife hand strike
5. Side kick on a pad
6. Chon Ji, Dan Gun
7. 3 step sparring
8. Pad routine No 1, No 2 and No 3
 - Guarding stance – Jab, Cross, Jab – Left Right Left
 - Guarding stance – Cross, Hook, Cross – Right Left Right
 - Guarding stance – Hook/Hook, Cross, Hook, Cross – Left/left Right Left Right
 - Breaking side kick
9. Questions

The following questions will need to be learned before progressing.

- ❖ How many moves are in Dan Gun? 21
- ❖ 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.
- ❖ Name the following in Korean?
 - Knifehand Guarding Block – *Sonkal Daebi Magki*
 - Twin Forearm Block – *Sang Palmok Maki*
 - Rising Block – *Chooko Magi*
 - High section outer forearm wedging block - *Nopunde Bakat Palmok Hechyo Makgi*
- ❖ What is meant by moves being performed in a continuous motion?
 - Continuous motion is two full stand-alone techniques performed one after another without pausing – each gets some sinewave of its own, and a breath of its own.