



8th Kup

Dan Gun

2 months

21 movements

Technical

Understand and correctly perform all 10th and 9th Kup techniques

Understand and correctly perform the following defensive techniques:

Forearm guarding block, Knifehand guarding block, Twin forearm block and Rising block

Understand and correctly perform the following offensive techniques:

Knifehand side strike

Correctly perform 3-step sparring

Theory

Understand all 10th and 9th Kup requirements

Know the meaning of the pattern Dan Gun

Know the purpose of each technique in pattern Dan Gun

Grading Requirements

Stepping front snap kick into walking stance followed by obverse and reverse forefist middle punches

Stepping forward walking stance, outer forearm low block followed by a rising block. Perform in a consecutive motion

3-step sparring

Perform pattern Dan Gun

General theory appropriate to an 8th Kup student

Theory Questions

- 1) What is the pattern you have just learnt?
- 2) How many movements does the pattern have?
- 3) What is the meaning of the pattern you have learnt?
- 4) This pattern has four blocking techniques. Name, in the order they are performed, these techniques and the stances they are performed in.
- 5) In movement 11 of pattern Dan Gun, describe which of the two outer forearm techniques is classified as the "primary block" and why
- 6) Does the "primary block" described above begin on the "inside" (closest to the body) or "outside" (furthest from the body)?
- 7) What is the blocking tool used in a *Chookyo Makgi*?
- 8) What are the four Instructor Classifications and Grades?
- 9) Name two type of "guarding" block

Requirements:

- **Dan-Gun Tul** (*click for description*)
- Front Kick / Obverse & Reverse Punch (4)
- Walking Stance Low Block / Rising Block (4)
- **Three Step Sparring (5 - 9)** (SAMBO MATSOGI) (*click for description*)

English - Korean Dictionary

Defending Techniques

Knifehand Guarding Block	Sonkal Daebi Makgi
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Twin Forearm Block	Sang Palmok Makgi
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Attacking Techniques

Backfist Strike	Dung Joomuk Taerigi
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Inward Knifehand Strike	Anuro Sonkal Taerigi
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Side Piercing Kick	Yop Cha Jirugi
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Turning Kick	Dollyo Chagi
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Dan-Gun Tul (21 Movements)

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 233