



Grading Pack
Pattern: Dan-Gun
8th Kup - Yellow Belt



Fitness and Martial Arts Academies Tae Kwon Do

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PATTERN DAN GUN

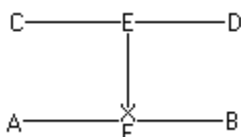
No. OF MOVEMENTS 21

No. OF STANCES 3

INTERPRETATION Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the Year 2333BC.

READY POSITION Parallel Ready Stance **NARANI JUNBI SOGI**

DIAGRAM



1. 90° FACE A, RIGHT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
2. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
3. 180° FACE B, LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
4. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
5. 90° FACE E, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
6. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
7. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
8. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
9. 270° FACE D, RIGHT L STANCE, TWIN OUTER FOREARM BLOCK
10. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
11. 180° FACE C, LEFT L STANCE, TWIN OUTER FOREARM BLOCK
12. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
13. 90° FACE F, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
14. STAY IN SAME STANCE, OUTER FOREARM RISING BLOCK
15. STEP FORWARD, RIGHT WALKING STANCE, OUTER FOREARM RISING BLOCK
16. STEP FORWARD, LEFT WALKING STANCE, OUTER FOREARM RISING BLOCK
17. STEP FORWARD, RIGHT WALKING STANCE, OUTER FOREARM RISING BLOCK
18. 270° FACE A, RIGHT L STANCE, MIDDLE KNIFE HAND STRIKE
19. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
20. 180° FACE B, LEFT L STANCE, MIDDLE KNIFE SIDE STRIKE.
21. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
END BRING LEFT LEG BACK TO READY STANCE.

Why do we practise pre-arranged sparring?
attack.

To improve focus, distance and timing against a constant

3 Step sparring	-	SAMBO MATSOKI
Semi Free Sparring	-	BAN JAYOO MATSOKI
Knife hand guarding block	-	SONKAL DAEBI MAKGI
Twin forearm block	-	SANG PALMOK MAKGI
Knife Hand Side Strike	-	SONKAL YOP TAERIGI
Inward	-	ANERO
Outward	-	BAKERO
Upward	-	OLLYO

KICK

SIDE
TURNING
REVERSE
CRESCENT
BACK

NAME

YOP
DOLLYO
BANDAE
BANDAL
DWITCH

TOOL

BALKAL
APKUMCHI
DWITCH HOOK
BALDUNG / YOP BALDUNG
DWITCH HOOK

GREEN

signifies the plants growth as the Tae Kwon Do seed begins to develop, so the student's skill develops.

DAN GUN TUL

KNIFE HAND GUARDING BLOCK

SONKAL DAEBI MAKI

TWIN FOREARM BLOCK

SANG PALMOK MAKI

KNIFE HAND SIDE STRIKE

SONKAL YOP TAERIGI

RISING BLOCK

CHOOKIO MAKI

Requirements for

8th Kup Grading

Tick box when learnt

	Student	Instructor
Attention Stance	<input type="checkbox"/>	<input type="checkbox"/>
Raise right hand name and grade (Loud and Clear)	<input type="checkbox"/>	<input type="checkbox"/>
Parallel ready stance	<input type="checkbox"/>	<input type="checkbox"/>
L stance twin forearm block (forwards and backwards)	<input type="checkbox"/>	<input type="checkbox"/>
Front snap kick land walking stance double punch	<input type="checkbox"/>	<input type="checkbox"/>
L stance outer forearm inward block (forwards & backwards)	<input type="checkbox"/>	<input type="checkbox"/>
Turning Kick land L stance forearm guarding block	<input type="checkbox"/>	<input type="checkbox"/>
L stance forearm guarding block (forwards and backwards)	<input type="checkbox"/>	<input type="checkbox"/>
3 step sparring number 1 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
3 step sparring number 2 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
3 step sparring number 3 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
3 step sparring number 4 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>

Possible Grading Questions

8th Kup Grading

Your instructor will ask you any four of the questions below

Stand in attention stance when answering your questions and always finish your answer with "SIR"

SAMPLE QUESTIONS:

Tick box when learnt

Student

Instructor

What is the interpretation for pattern Dan Gun?

What does the colour green signify?

What is the Korean for:

Knifehand guarding block?

Twin forearm block?

Knifehand side strike?

Rising block?

Stances, Blocks and Kicks?

This pack is intended as a training aid and does not replace regularly training with your instructor



**For further information contact
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