

## 8<sup>th</sup> Kup Grading Requirements

### Syllabus – For promotion to 7<sup>th</sup> Kup (Green Stripe)

1. Pattern – Dan-Gun

2. Up & Down Movements

Forwards – Middle Section Knife-hand Guarding Block

Backwards – Low Section Outer Forearm Block; Outer Forearm Rising Block

3. Sparring

4. Terminology

NOTE: Revise all previous (physical & terminology)

### Terminology

1	<b>Dan-Gun – 21 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>)</b>  Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.  NB: All 9 punches in Dan Gun are <i>NOPUNDE</i> (high section = eye level)																							
2	<b>GENERAL TERMINOLOGY</b>  <table><tr><td>KNIFE-HAND</td><td><i>SONKAL</i></td></tr><tr><td>GAURDING</td><td><i>DAEBI</i></td></tr><tr><td>TWIN</td><td><i>SANG</i></td></tr><tr><td>RISING</td><td><i>CHOOKYO</i></td></tr><tr><td>STRIKE</td><td><i>TAERIGI</i></td></tr><tr><td>FRONT</td><td><i>AP</i></td></tr><tr><td>SIDE</td><td><i>YOP</i></td></tr><tr><td>SPARRING</td><td><i>MATSOGI</i></td></tr><tr><td>DESTRUCTION/BREAKING</td><td><i>WEEROK</i></td></tr><tr><td>FRONT SNAP KICK</td><td><i>AP CHA BUSIGI</i></td></tr><tr><td>BALL OF THE FOOT</td><td><i>AP KUMCHI</i></td></tr></table>		KNIFE-HAND	<i>SONKAL</i>	GAURDING	<i>DAEBI</i>	TWIN	<i>SANG</i>	RISING	<i>CHOOKYO</i>	STRIKE	<i>TAERIGI</i>	FRONT	<i>AP</i>	SIDE	<i>YOP</i>	SPARRING	<i>MATSOGI</i>	DESTRUCTION/BREAKING	<i>WEEROK</i>	FRONT SNAP KICK	<i>AP CHA BUSIGI</i>	BALL OF THE FOOT	<i>AP KUMCHI</i>
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4	<b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN DAN-GUN...</b>  e.g.    1 <sup>st</sup> movement <i>ORUN NIJNJA SO, KAUNDE SONKAL DAEBI MAKGI</i> 20 <sup>th</sup> movement <i>WEN NIUNJA SO, KAUNDE SONKAL YOP TAERIGI</i> 21 <sup>st</sup> movement <i>WEN GUNNAUN SO, NOPUNDE BARO AP JOOMOK JIRUGI</i>																							