**8th kup Theory Summary**

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| **Yellow** – signifies **the earth**, from which a plant sprouts and takes root as the Taekwon-Do foundation is laid. | **Green** - signifies **the plant’s growth**, as Taekwon-Do skills begin to develop. | |
| **Dan-Gun – 단군 – 21 movements** | **Dan-Gun Diagrammatic Symbol** | |
| Dan-Gun is named after the **holy Dan-Gun**, the legendary **founder of Korea** in the year **2333 B.C.** |  | |
| **Sambo Matsogi** | **Strikes (Taerigi) & Thrusts (Tulgi)** | |
| Three-step sparring is practised to improve **focus**, **distance** and **technique**. | * **Strikes** are used on **hard or soft** **targets** and the aim is to **smash or pierce**. * **Thrusts** are used **only on soft targets** and the aim is to **penetrate the target area** (e.g. the throat). | |
| **Technique Terminology** | | |
| **Tools**   * Fingertip – Sonkut * Straight fingertip – Sun sonkut * Backfist – Dung joomuk * Back Heel – Dwit chook * Reverse knife-hand – Sonkal dung | **Techniques**   * Turning kick – Dollyo chagi * Front snap kick – Ap cha busigi * Side piercing kick – Yop cha jirugi * Reverse turning kick – Bandae dollyo chagi * High front punch – Nopunde ap jirugi * Knife-hand side strike – Sonkal yop taerigi * Straight fingertip thrust – Sun sonkut tulgi * Rising block – Chookyo makgi * Twin forearm block – Sang palmok makgi * Knife-hand guarding block – Sonkal daebi makgi * Low outer forearm block – Najunde bakat palmok makgi * Continuous motion – Yongsok dongjak | |
| **Sparring**   * Semi-free sparring – Ban-jayoo matsogi * Free sparring – Jayoo matsogi   **Sparring Commands (extra vocabulary)**   * Start – Sijak * Break/Separate – Hechyo * Continue – Gaesok * Warning – Jeuii * Minus point – Kamjom * Disqualification – Silkyok |
| **Numbers**  Korean uses a similar system to English and other numbering systems (i.e. you say how many ‘tens’ followed by how many ‘units’).  e.g. Twenty-three (23) is Sumul-set;  Eleven (11) is Yul-hana (Ten one);  Thirty-eight (38) is Surhun-yadul. | Ten (10) – Yul  Twenty (20) – Sumul  Thirty (30) – Surhun  Forty (40) – Mahun  Fifty (50) – Swin | Sixty (60) – Yesun  Seventy (70) – Ilhun  Eighty (80) – Yeodun  Ninety (90) – Ahun  A hundred (100) – On) |