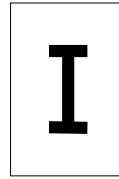


Yellow Belt (8th kup) Answer Sheet

1. The diagram of the pattern is a capital I



2. **Dan-Gun** is named after the holy Dan-Gun, the legendary founder of Korea in the 2333 B.C.
3. There are 21 movements in Dan-Gun
4. Please consult your other information sheets
5. Please consult your other information sheets
6. The punching level is high
7. There are 4 different blocking techniques in Dan – Gun:
- Knifehand Guarding Block – Sonkal Daebi Makgi
Outer Forearm Low Block – Bakat Palmok Najunde makgi
Twin Forearm Block – Sang Palmok Makgi
Rising Block - Chookyo Makgi
8. The Korean translation is Sambo Matsogi
9. An inside block is any block which blocks the inside of your opponents attacking tool to expose the inside of their body
- An outside block is any block which blocks the outside of your opponents attacking tool to expose the outside of their body
10. An inward block is any block that travels from the outside of the body towards your body's centre line.
- An outward block is any block which travels from the centre line of the body towards the outside of your body.
11. **Yellow Belt** signifies the Earth from which a plant sprouts as the Tae Kwon-Do foundation is being laid.
12. Bakat Palmok Najunde Makgi, Chookyo Makgi
13. The blocks are performed in a continuous motion. The motion can be described as performing the linking of at least two to as many as seven techniques without any stopping of the sine wave motion. The breathing characteristics are that of one inhale of breath and at least two exhales or more, according to the number of techniques executed.