

Yellow belt / 8th Kup - Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

Practical

L Stance – Twin Forearm Block
 Walking Stance – Front Kick / Double Punch
 L Stance - Inward Block
 Turning Kick and Guarding Block
 L Stance - Forearm Guarding Block
 Pattern – Dan Gun
 3 Step Sparring – Numbers 1,2,3 & 4

THREE STEP SPARRING (SAMBO MATSOKI)

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

1. Right leg back walking stance, middle inner forearm block to the inside three times.
Counter attack = Reverse punch
2. Left leg back 'L' stance, middle inner forearm block to the outside three times.
Counter attack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck.
3. Left leg back 'L' stance, middle inward outer forearm block to the inside three times.
Counter attack = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.
4. Left leg back 'L' stance, middle inward forearm block to the outside three times.
Counter attack = Move the left leg into a sitting stance, focus with left hand, execute double punch.

Theory

What is 3 step sparring

Three step sparring is designed for the beginner to learn the basic techniques. It teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

Korean Terms

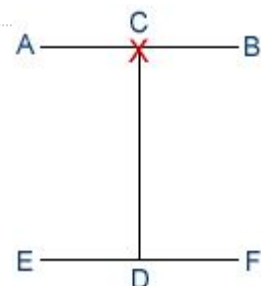
Backfist	Dung Joomuk
Backfist strike	Dung joomuk Taerigi
Guarding block	Daebi makgi
Inward	Anaero
Knifehand	Sonkal
Knifehand Guarding Block	Sonkal Daebi Makgi
Knifehand Strike	Sonkal Taerigi
Outward	Bakaero
Palm	Sonbadak
Semi free sparring	Ban jayoo matsoki
Side piercing kick	Yop chajirugi
Twin Forearm Block	Sang Palmok Makgi

Dan-Gun

Number of Movements: 21

Meaning of Dan-Gun:

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC



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Starting Position: Parallel ready stance

1. **Knife-hand guarding block (L-stance)**
Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand
2. **High section punch (walking stance)**
Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist
3. **Knife-hand guarding block (L-stance)**
Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand
4. **High section punch (walking stance)**
Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist
5. **Low block (walking stance)**
Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm
6. **High section punch (walking stance)**
Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist
7. **High section punch (walking stance)**
Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist
8. **High section punch (walking stance)**
Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist
9. **Twin forearm block (L-stance)**
Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E
10. **High section punch (walking stance)**
Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist
11. **Twin forearm block (L-stance)**
Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F
12. **High section punch (walking stance)**
Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist
13. **Low block (walking stance)**
Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm
14. **Rising block (walking stance)**
Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion
15. **Rising block (walking stance)**
Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm
16. **Rising block (walking stance)**
Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
17. **Rising block (walking stance)**
Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm
18. **Mid section knife-hand strike (L-stance)**
Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand
19. **High section punch (walking stance)**
Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist
20. **Mid section knife-hand strike (L-stance)**
Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand
21. **High section punch (walking stance)**
Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist

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END: Bring the left foot back to a ready posture