

8TH KUP GRADING REQUIREMENTS

Physical Performance:	
Pattern	Dan Gun Tul Chon Ji Tul Saju Makgi (4 Direction Block)
Combination Movements Forward	Front snap kick from a walking ready stance stepping back with the right leg, followed by middle section obverse/reverse punches whilst forming a walking stance. Use knee spring on the reverse punch.
Combination Movements Backward	Moving backwards in a walking stance with a low section outer forearm, outward obverse block, (using waist twist) combined with an outer forearm obverse rising block (knee spring to be used on the second technique with shoulders full facing).
Sparring	Three-step sparring (please refer to log book) <i>Sambo Matsoki</i>

Theory:	
1	Dan Gun: (21 movements) Named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.
2	Ready posture for Dan-Gun: Narani Junbi Sogi
3	Four blocks used in Dan-Gun: Middle section knifehand guarding block: Kaunde Sonkal Daebi Makgi. Low section outer forearm block: Najunde Bakat Palmok Makgi. Twin forearm block: Sang Palmok Makgi. Outer forearm rising block: Bakat Palmok Chookyo Makgi.
5	All nine punches in Dan-Gun are High section (Nopunde), eye level.
6	Inside block: An Makgi : Defined as any block which exposes the inside of the opponent's body to counter attack. Outside block: Bakat Makgi : Defined as any block which exposes the outside of the opponent's body to counter attack.
7	Terminology for: Back fist: Knife Hand: Elbow: Strike: Dung Joomok Sonkal. Palkup. Taerigi.
8	Must be able to describe and demonstrate all movements in Dan-Gun e.g. 1 st Movement: Orun Niunja So, Kaunde Sonkal Daebi Makgi. 2 nd last movement: Wen Niunja So, Kaunde Sonkal Yop Taerigi. Last Movement: Wen Gunnun So, Nopunde Ap Joomok Baro Jirugi.