


# Yellow Belt ▷ Green Tag

A **Yellow Belt** signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**Dan-Gun:** is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC

Number of movements = 21

Diagram = 

## Fundamentals

**Forward** Front Snap Kick, Obverse & Reverse Punch  
- Walking Stance x4

**Backward** Low Block, Rising Block (continuous motion)  
- Walking Stance x4

**Forward** Twin Forearm Block - L Stance x4

**Backward** Knifehand Side Strike - L Stance x4

## 3 Step Sparring

Attack - Walking Stance Front Snap Kick x3

Defence - Walking Stance Low Block x3

Counter attack - Leading Leg Front Snap Kick

## Theory Questions

Pattern name and meaning

Meaning of belt colour

What are the 3 sections of the body?

What is Continuous Motion?

Knifehand Guarding Block

Twin Forearm Block

Obverse

Reverse

Knifehand Side Strike

High Punch

High (Nopunde)

Middle (Kaunde)

Low (Najunde)

Two complete moves under one breath

Sonkal Daebi Makgi

Sang Palmok Makgi

Baro

Bandae

Sonkal Yop Taerigi

Nopunde Jirugi

## Grading Test - 8th Kup

### • Patterns

4 Directional Punch/Block to Dan-Gun

### • Fundamentals

### • Padwork

Turning Kick x3 left & right

Bicycle Motion Front Snap Kick x3

Back Kick x3 left & right

### • Sparring

3 Step Sparring

### • Theory Questions

