

# Llangollen Tae Kwon-Do

## 8th Kup Grading Revision Sheet

### Practical

1. (Fwd & Back) Twin Forearm Block, L Stance x 4
2. (Fwd) Front Snap Kick Double Punch x 4
3. (Back) L Stance, Inward Block x 4
4. (Fwd) Turning Kick Forearm Guarding Block x 4 step turn and repeat
5. (Fwd & Back) L Stance, Knifehand Guarding Block x 4
6. Chon-Ji
7. Dan Gun
8. 3 Step Sparring 1 – 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

#### Meaning Of Yellow Belt

Yellow signifies the Earth, from which a plant sprouts and takes root, as Tae Kwon-Do foundation is being laid

#### 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
<b>Backfist strike</b>	<b>Dung joomuk taerigi</b>
Guarding block	Daebi makgi
<b>Footsword</b>	<b>Balkal</b>
Inward	Anaero
Knifehand	Sonkal
<b>L Stance</b>	<b>Niunja Sogi</b>
<b>Knifehand Guarding Block</b>	<b>Sonkal Daebi Makgi</b>
<b>Knifehand Strike</b>	<b>Sonkal Taerigi</b>
Outward	Bakaero
<b>Palm</b>	<b>Sonbadak</b>
Semi free sparring	Ban jayoo matsoki
Side piercing kick	Yop chajirugi
<b>Twin Forearm Block</b>	<b>Sang Palmok Makgi</b>

# Llangollen Tae Kwon-Do

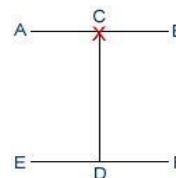
---

## 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.



**Starting Position:** Parallel ready stance

1. 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. 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. 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. 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. 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. 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. 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. 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. 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. 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. 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. 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. 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. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion
15. 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. 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. 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. 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. 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. 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. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist

**END:** Bring the left foot back to a ready posture