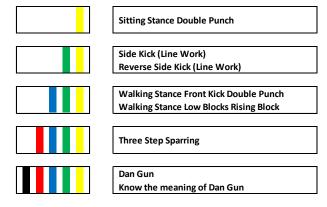


ITF Grading Information 8th Kup – Yellow Belt

Practical

Sitting Stance Double Punch
Side Kick (Line Work)
Walking Stance Front Kick Double
Punch (Line Work)
Walking Stance Low Block Rising Block
(Line Work)
Three Step Sparring
Chon-Ji
Dan-Gun



Theory

What is the meaning of Dan-Gun?

21 movement pattern - Is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 BC.

What is the meaning of Green Belt?

Green belt signifies the plant's growth as the Taekwon-Do skill begins to develop.

Why do we do Three Step Sparring?

We do three step sparring to allow the beginner to learn basic techniques, such a proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing. Focus, distance and timing are the main objectives as this is something that cannot be gained from practicing patterns or line work. All attackers start in left walking stance, outer forearm low block. All defenders start in parallel ready stance.

Describe a Front kick?

The correct tool for front kick is the ball of the foot. This is achieved by locking the ankle joint forward and pulling the toes back.

Describe a Side kick?

The correct tool for side kick is the outer edge of the heel. This is achieved by locking the ankle joint back and in.

Why do we learn the Pattern meanings?

Each pattern has a meaning. They represent an important person or event in Korean history and are there to inspire the student.

What is the benefit of stances?

They give us a stable platform from which to practise the basics. They also help to stretch and strengthen the various muscle groups in the legs.

Terminology

General

High Nopunde

Thee step sparring Sambo matsogi

Left Wen
Right Orun
Side Yop
Inward Anuro
Outward Bakuro

Parts of the body

Head Mori
Foot Bal
Foot sword Balkal
Ball of foot Ap kumchi
Hand Son
Knife hand Sonkal

Attacks

Fore-fist high punch Ap joomuk nopunde jirugi Knife-hand middle side strike Sonkal kaunde yop taerigi

Double punch Dibo jirugi Side kick Yop chagi Back kick Dwit chagi

Defences

Forearm rising Block

Knife hand guarding block

Forearm guarding block

Twin forearm block

Sang palmok makgi

Sang palmok makgi

Inward block Anuro makgi