

BRIDGNORTH TAE KWON-DO



Required Theory: 8th Kup: Yellow Belt to Green Stripe

(Korean terms are in brackets and italics).

Significance of Colours on Belts

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

GREEN signifies the growth of the plant as Tae Kwon-Do skills begin to develop.

Movements

- Walking stance: *(Gunnun sogi)*
- L-stance: *(Niunja sogi)*
- Lower outer forearm block: *(Najunde bakat palmok makgi)*
- Middle knife hand guarding block: *(Kaunde sonkal daebi makgi)*
- Twin forearm block: *(Sang palmok makgi)*
- Rising block: *(Chookyo makgi)*
- High section fore-fist punch: *(Nopunde ap joomuk jirugi)*
- Inward: *(Anuro)*
- Outward: *(Bakuro)*
- Palm: *(Sonbadak)*
- Back elbow strike: *(Dung joomuk taerigi)*
- Back kick: *(Dwit chagi)*
- Reverse side kick: *(Bandaeyop chagi)*
- Reverse turning kick: *(Bandaedollyo chagi)*
- Three-step sparring: *(Sambo matsoki)*

Pattern Meaning

Dan Gun Tul is named after the Holy Dan Gun, legendary founder of Korea in the year 2333 BC.

**** The GTI Handbook contains more detailed theory information and is available to purchase.*

The examiner may ask any question, not limited to those on this sheet.

*You must ALWAYS revise theory from previous belts. ****