



8th KUP SYLLABUS

PRACTICAL TEST

PATTERNS

Dan-Gun - (21 movements)

Chon-Ji Tul - (19 movements)

Dan-Gun is named after the legendary founder of Korea in the year 2333 BCE.

BASIC HAND TECHNIQUES

L Stance knife hand guarding block - Niunja so Sonkal daebi Maki

Walking stance forearm rising block - Gunnun so Bakat palmok
chookyo maki

L Stance twin forearm block - Niunja sang Palmok maki

Walking stance high obverse punch - Gunnun so Nopunde baro
Jirugi

L Stance knife hand middle side strike - Niunja so Sonkal Kaunde yop
taerigi

BASIC KICKING TECHNIQUES:

Back piercing kick - Dwit cha Jirugi

Downward kick - Naeryro chagi

COMBINATION TECHNIQUES:

Walking stance low block, rising block

Walking stance middle block, reverse punch

L Stance side piercing kick-spinning back kick

L Stance turning kick, spinning back kick



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THREE STEP SPARRING: 1-2-3-4-5-6

THEORY TEST:

Student Oath: I shall observe the tenets of Taekwon-Do

I shall respect the Instructor and seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world

The blocks in the pattern? Knife hand guarding block (Sonkal daebi maki), Twin forearm block (Sang Palmok maki), Rising block (Chookyo Maki)

The strikes in the pattern? High punch (Nopunde Jirugi), Side Knife hand strike (Sonkal yop taerigi)

TERMINOLOGY:	Semi free sparring	- Ban jayoo matsogi
	Back fist side strike	- Dung jumok yo taerigi
	Knife hand	- Sonkal
	Elbow	- Palkup
	Inward	- Annuro
	Outward	- Bakuro

The meaning of yellow belt signifies the earth from which all plants sprout and take route as in the Taekwon-Do foundation that is being laid.