



**HF MARTIAL ARTS**

# **GRADING SYLLABUS**

**8<sup>TH</sup> KUP YELLOW BELT**

**TO**

**7<sup>TH</sup> KUP GREEN TAG**

## Dan-Gun Tul

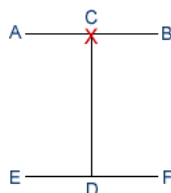
Interpretation: Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333BC.

Ready stance: Parallel Ready stance

No of moves: 21

No of stances: 3

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

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, at the same time 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 counterclockwise 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.
12. Move the left foot to F, forming a left walking stance toward F, at the same time 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 while executing a rising block with the left forearm.

### Dan-Gun Tul (cont'd)

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 counterclockwise 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, at the same time executing a high punch to A with the left fist.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form a parallel ready stance facing D.

#### **\*Continuous Motion (Yonsok Dongjak)**

When techniques are performed in your own time, the techniques may be considered as being performed continuously, however, unless otherwise instructed, all techniques are stopped, if only for a very short moment of time, before the next technique is started.

In Taekwon-do terminology this term is used to describe two or more techniques performed in succession **without** stopping.

In pattern Dan-Gun, for example, movements 13 and 14 are to be performed in a ‘Continuous Motion’. This means that as the low block is completed the rising block is started. The rising block and stance are then finished to a full stop before movement 15. Movement 13 flows into movement 14 without a pause, i.e. 12-stop, 13 and 14 stop, 15 stop etc.

It is important not to forget breath control as these techniques are **not** performed in the same breath.



High punch	4	Walk stance
Mid knife-hand guarding block	3	L stance
Mid knife-hand guarding block	1	L stance
High punch	2	Walk stance

High punch	10	Walk stance
Twin outer forearm block	9	L stance
Low outer forearm block	5	Walk stance
High punch	6	Walk stance
High punch	7	Walk stance
High punch	8	Walk stance

High punch	21	Walk stance
Outward knife hand strike	20	L stance
Outward knife hand strike	18	L stance
High punch	19	Walk stance

Rising block	17	Walk stance
Rising block	16	Walk stance
Rising block	15	Walk stance

Rising block	14	Walk stance
Low outer forearm block	13	Walk stance
Twin outer forearm block	11	L stance
High punch	12	Walk stance

### Three Step Sparring - No's 5 & 6

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	<b>Attacker</b> – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin. <b>Defender</b> - parallel ready stance, kihap to show they are ready to defend.
The Attack	Right leg forward right walking stance, middle section obverse punch. Left leg forward left walking stance, middle section obverse punch. Right leg forward right walking stance, middle section obverse punch.

### The Defences & Counter Attacks

#### Number 5

1. Step the right leg back into an L-stance, performing a high section outwards block with the left forearm.
2. Step the left leg back into an L-stance, performing a high section outwards block with the right forearm.
3. Slip to the right of your opponent into sitting stance, making an outwards block with the left arm whilst simultaneously performing a high section punch to the opponent's face.

#### Number 6

1. Step the right leg back into an L-stance, performing a high section knife hand block with the left hand.
2. Step the left leg back into an L-stance, performing a high section knife hand block with the right hand.
3. Slip to the right of your opponent into sitting stance, making a high section outwards block with the left hand whilst simultaneously performing a high section knife hand strike to the opponent's neck.

For this grading the three step sparring will be performed in line without a partner.

## Yellow Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

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

Green Belt Colour Meaning: Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

Pattern: Dan-Gun Tul

### Moves in Korean

Knife-hand guarding block	Sonkal daebi makgi
Forearm guarding block	Palmok daebi makgi
Twin forearm block	Sang palmok makgi
Outwards block	Bakaero makgi
Knife-hand outwards block	Sonkal bakaero makgi
High section punch	Nopunde jirugi
Knife-hand inward strike	Sonkal anaero taerigi
Turning kick	Dollyo chagi
Continuous motion	Yonsok dongjak

Twenty Samul

### Hand and Foot Parts in Korean

Ball of the foot	Ap kumchi
Heel	Dwit kumchi
Back heel	Dwit chook
Foot sword	Balkal
Reverse foot sword	Baldung

Forearm	Palmok
Inner forearm	An palmok
Outer forearm	Bakat palmok
Fist	Joomuk
Front fist	Ap joomuk
Back fist	Dung joomuk
Side fist	Yop joomuk
Knife hand	Sonkal
Reverse knife hand	Sonkal dung
Fingertips	Sonkut
Palm	Sombadak

**Grading Check List**  
**8<sup>th</sup> Kup Yellow Belt to 7<sup>th</sup> Kup Green Tag**

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know everything from all of the previous grading syllabuses/checklists	
Sitting stance, 10 single punches (counting in Korean)	
Sitting stance, 10 double punches (counting in Korean)	
Walking ready stance, double snap kick, double block	
20 Press ups	
Front snap kick, walking stance, double punch	
L-stance, twin forearm block	
Snap kick, L-stance, forearm guarding block	
Low block, rising block, reverse punch, walking stance	
L-stance, knife hand guarding block, knife hand side strike	
Chon-Ji Tul	
Dan-Gun Tul	
Three step sparring 5 & 6 (performed in line)	