

## 8<sup>th</sup> Kup Grading Requirements

<b>Syllabus – For promotion to 7<sup>th</sup> Kup (Green Stripe)</b>	
1.	Pattern – Dan-Gun
2.	Up & Down Movements Forwards – Middle Section Knife-hand Guarding Block Backwards – Low Section Outer Forearm Block; Outer Forearm Rising Block
3.	Sparring
4.	Terminology
NOTE: Revise all previous (physical & terminology)	

<b>Terminology</b>																							
1	<p><b>Dan-Gun</b> – 21 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>)</p> <p>Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.</p> <p>NB: All 9 punches in Dan Gun are <i>NOPUNDE</i> (high section = eye level)</p>																						
2	<p><b>GENERAL TERMINOLOGY</b></p> <table> <tr> <td>KNIFE-HAND</td> <td><i>SONKAL</i></td> </tr> <tr> <td>GAURDING</td> <td><i>DAEBI</i></td> </tr> <tr> <td>TWIN</td> <td><i>SANG</i></td> </tr> <tr> <td>RISING</td> <td><i>CHOOKYO</i></td> </tr> <tr> <td>STRIKE</td> <td><i>TAERIGI</i></td> </tr> <tr> <td>FRONT</td> <td><i>AP</i></td> </tr> <tr> <td>SIDE</td> <td><i>YOP</i></td> </tr> <tr> <td>SPARRING</td> <td><i>MATSOGI</i></td> </tr> <tr> <td>DESTRUCTION/BREAKING</td> <td><i>WEEROK</i></td> </tr> <tr> <td>FRONT SNAP KICK</td> <td><i>AP CHA BUSIGI</i></td> </tr> <tr> <td>BALL OF THE FOOT</td> <td><i>AP KUMCHI</i></td> </tr> </table>	KNIFE-HAND	<i>SONKAL</i>	GAURDING	<i>DAEBI</i>	TWIN	<i>SANG</i>	RISING	<i>CHOOKYO</i>	STRIKE	<i>TAERIGI</i>	FRONT	<i>AP</i>	SIDE	<i>YOP</i>	SPARRING	<i>MATSOGI</i>	DESTRUCTION/BREAKING	<i>WEEROK</i>	FRONT SNAP KICK	<i>AP CHA BUSIGI</i>	BALL OF THE FOOT	<i>AP KUMCHI</i>
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4	<p><b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN DAN-GUN...</b></p> <p>e.g. 1<sup>st</sup> movement      <i>ORUN NIJNJA SO, KAUNDE SONKAL DAEBI MAKGI</i>                  20<sup>th</sup> movement      <i>WEN NIUNJA SO, KAUNDE SONKAL YOP TAERIGI</i>                  21<sup>st</sup> movement      <i>WEN GUNNAUN SO, NOPUNDE BARO AP JOOMOK JIRUGI</i></p>																						