

Applicable to Yellow Belts

In Addition to **ALL** Theory from previous belt levels



Defensive Techniques

Knife-hand Guarding Block : Sonkal Daebi Makgi

Twin Forearm Block : Sang Palmok Makgi

Rising block : Chookyo Makgi

Offensive Techniques

High Section Punch : Nopunde Jirugi

Knife-hand Strike : Sonkal Taerigi

Interpretation of Dan Gun (21 movements):

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

Pattern Dan Gun:

The following points should be remembered:

1. L-Stance Knife-hand Guarding Block (Niunja So Sonkal Daebi Makgi): The fingertip reaches the level of the shoulder of the defender. The knife-hand becomes half-facing the opponent. The knife-hand forms a triangle with the shoulders.
2. L-Stance Twin Forearm Block (Niunja So Sang Palmok Makgi): The front hand reaches the level of the shoulder of the defender and is the primary hand.
3. Walking Stance Forearm Rising Block (Gunnun So Palmok Chookyo Makgi): The forearm stays at the centre of the defender's head. The inner forearm stays at the top of the defender's head.
4. L-Stance Knife-Hand Middle Outward Strike (Niunja So Sonkal Kaunde Bakuro Taerigi): The knife-hand reaches the same level as the shoulder of the defender. The body becomes half-facing the opponent.

Student Guidelines (by Gen. Choi):

1. Never tire of learning. A good student can learn anywhere anytime. This is the secret to knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and helping around the dojang. An instructor can do without this type of student.
3. Always set a good example for lower ranking students. It is only natural they will try and emulate senior students.
4. Always be loyal and never criticise the instructor, Taekwon-do or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilise it.
6. Remember that a student's conduct outside the dojang reflects on the art and the instructor.
7. If a student adopts a technique from another dojang and the instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree with an instructor, the student must first follow the instruction and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray the instructor.