

8th Kup Yellow Belt - Theory Revision

Pattern Name, Moves and Meaning

Name: Dan Gun

Moves: 21 Movements

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

The Meaning of Yellow Belt

The earth from which the plant sprouts and takes root as Taekwondo foundation is being laid.

The Six Elements for the Theory of Power

Mass, use a hip twist and knee spring to increase your body weight.

Equilibrium, use your reaction arm for dynamic stability and keep your body in balance.

Reaction Force, use your opponent's force and strike when they move in.

Breath Control, tense your abdomen to breath out on impact.

Concentration, direct power to a small point and add tension to a split second.

Speed, the most essential factor for power, however all the other factors contribute.

Members of the TAGB Committee

Grand Master David Oliver

Master Michael Dew

Master Ron Sergiew

Master Don Atkins

Master Kenny Walton

Master Paul Donnelly

Master Gianni Peros

Master Brian Towndrow

Definition of 3-Step Sparring

3 Step sparring (Sambo matsoki) is used to practise focus, distance and timing.

Information on the TAGB, BTC and TI

The Taekwondo Association of Great Britain (TAGB) was formed in **August of 1983** by the current members of the committee and it's the largest and most successful Taekwondo organisation in Britain.

The British Taekwondo Council (BTC) was formed on the **21st of April 1988** as a governing body of Taekwondo for Great Britain. This body is not tied to a specific organisation and is designed to further Taekwondo in all forms. This is the only body to be recognised by the sports council.

Taekwondo International (TI) was formed on the **13th November 1993** and it's one of the largest worldwide governing bodies for Taekwondo. It's a non-political organisation and its aims are to unite Taekwondo practitioners worldwide.

Types of Motion

Normal Motion. Most techniques are performed in normal motion. Techniques are carried out one at a time. One breath is required for one move or technique.

Continuous Motion. This is when we combine several techniques without pausing. We still use one breath in and out per technique.

Korean Translation Theory

Turning kick - Dollyo chagi

Side piercing kick - Yop cha jirugi

Reverse side kick - Bandae yop chagi

Reverse side piercing kick - Bandae yop cha jirugi

High section punch - Nopunde jirugi

Front snap kick, double punch - Ap cha busigi, doo jirugi

Back fist downward strike - Dung joomuk naeryo taerigi

Knife hand side strike - Sonkal yop taerigi

Knife hand guarding block - Sonkal daebi makgi

Forearm guarding block - Palmok daebi makgi

Twin forearm block - Sang palmok makgi

Outer forearm inward block - Bakat palmok anuro makgi

Rising block - Chookyo makgi

3 Step sparring - Sambo matsoki