



8th KUP (Yellow Belt) Theory

GENERAL TERMS - ENGLISH	GENERAL TERMS - KOREAN
Inwards	ANAERO
Outwards	BAKAERO
Upwards	OLLYO
Downwards	NAERYO

DEFENSIVE MOVES - ENGLISH	DEFENSIVE MOVES- KOREAN
Knifehand Guarding Block	SONKAL DAEBI MAKGI
Twin Forearm Block	SANG PALMOK MAKGI
Inwards Outer Forearm Block	ANAERO BAKAT PALMOLK MAKGI

OFFENSIVE MOVES - ENGLISH	OFFENSIVE MOVES- KOREAN
Side Front Snap Kick	YOP AP CHA BUSIGI
Middle Knifehand Strike	KAUNDE SONKAL TAERIGI
Middle Reverse Punch	KAUNDE BANDAE JIRUGI

PATTERN	PATTERN
21 MOVES	DAN GUN

SPARRING - ENGLISH	SPARRING - KOREAN
Three Step Sparring Sequences 3 & 4	SAMBO MATSOKI

What is the meaning of **DAN-GUN**?

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

****TURN OVER* *PAGE 1 of 2****



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What does **Green** signify?

- Green signifies the plants growth as Taekwondo skills begin to develop.

When was **Heart of England ITF** founded?

- 4th July 2009

When was the **ITF** formed?

- 22nd March 1966

Explain **Twin Forearm Block**?

- Twin forearm block is made of two blocks - an outer forearm block to the front which finishes with the fist level with the shoulder and an outer forearm rising block to the side to protect the head. This technique is designed to defend against two possible attacks at the same time

Name **Five Stances**:

ENGLISH	KOREAN
Attention Stance	CHARYOT SOGI
Parallel Stance	NARANI SOGI
Sitting Stance	ANNUN SOGI
Walking Stance	GUNNON SOGI
L-Stance	NIUNJA SOGI

Name **Four Blocks**:

ENGLISH	KOREAN
Middle Inner Forearm Block	KAUNDE AN PALMOK MAKGI
Low Outer Forearm Block	NAJUNDE BAKAT PALMOK MAKGI
Rising Block	CHOOKYO MAKGI
Knifehand Guarding Block	SONKAL DAEBI MAKGI
Twin Forearm Block	SANG PALMOK MAKGI

****PAGE 2 of 2****