

8th Kup - Yellow Belt Study Sheet.

Parts of Body

Backfist - Dung Joomuk
Finger tips - Sonkut

Stance - Sogi

Fixed Stance - Gojung Sogi

Misc Technical

Twin Fist Vertical Punch - Sang Joomuk sewo Jirugi
Twin Fist Upset Punch - Sang Joomuk Dwijibo Jirugi
Straight fingertip Thrust - Sun Sonkut Tulgi
Side Punch - Yop Jirugi
Back Fist Side Strike - Dung Joomuk Yop Taerigi
Wedging Block - Hechyo Makgi
Waist Block - Hori Makgi (Anuro/Bakuro)
Outer Forearm High Side Block - Bakat Palmok Nopunde Yop Makgi
Back Piercing Kick - Dwit Cha Jirugi

8th Kup Pattern: **Dan-Gun** (21 Movements)

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

Inner Forearm Block - An Palmok Makgi is any block that uses the inner forearm.

Outer Forearm Block - Bakat Palmok Makgi is any block that uses the outer forearm.

Inward Block - Anuro Makgi is any block that reaches from an outward to an inward trajectory.

Outward Block - Bakuro Makgi is any block that reaches from an inward to outward trajectory

Inside Block - An Makgi is any block that is directed at the inner portion of the opponents attacking tool.

Outside Block - Bakat Makgi is any block that is directed at the outer portion of the opponents attacking tool.

Three Step Sparring (Sambo Matsoki) Basic

Attack

1. Face partner, attention and bow.
2. Measure up to your partner, right foot back into walking stance, low block.
3. When signalled step forward in walking stance high section obverse punch 3 times.

Defence

1. Right leg back, left walking stance inner forearm block with left forearm to inside of punch. Third move, block then reverse punch.
2. Left leg back, left 'L' stance inner forearm block with right arm to outside of punch. Third move, block then move left leg then right leg into left 'L' stance towards partners right hand side, knife hand strike to partners neck or kidneys.
3. Left leg back, left 'L' stance inward block with right outer forearm to inside of punch. Third move, block then slide in with back fist attack with right hand to face.
4. Left leg back, left 'L' stance inner forearm block with right arm to outside of punch. Third move, move around to partners right side into sitting stance measure punch with left fist then double punch.