

## Information For 8th Kup 13+ (Yellow belt going for green stripe)

### Technical

Understand and correctly perform all 10<sup>th</sup> and 9<sup>th</sup> Kup techniques.

Name and demonstrate all stances learned so far (Gunun sogi anun sogi, chariot sogi, niunja sogi, Narani sogi)

Understand and correctly perform the following defensive techniques:

An Makgi (Inside block), bakat Magki (Outside Block), anuro magki (Inward Block), bakuro magki (Outward Block).

Understand and perform the following:

Ap cha busigi (Front Snap Kick), baro jirugi (Obverse Punch) followed by bandae jirugi (Reverse Punch).

Gunun so najunde magki chookyo magki (Walking stance low block rising block) in **continuous motion**

Perform pattern Dan Gun and pattern Chonji

Perform 3 step sparring

### Theory

**Understand all 10<sup>th</sup> and 9<sup>th</sup> Kup requirements.**

Understand the basic commands.

Be able to **point** to you're **an palmok** (inner forearm) and **bakat palmok** (outer forearm), **ap joomuk** (forefist, **sonkal** (knifehand), and **ap kumchi** (front sole)

### Theory Test for 8th Kup

1. Describe a Pattern.
2. What is the meaning of Pattern Dan Gun and how many moves does it have?
3. In movements 9 & 11 of Dan Gun (sang palmok magki /twin forearm block), which is the **primary block** and why?
4. What does the colour 'Yellow' signify in Taekwon-do?
5. Describe an Inside Block and an outside block
6. Describe an Inward block and an outward block
7. Explain high, middle and low **sections** and know Korean terminology for them
8. You could also be asked any of the theory from previous grades.

### Answers

1. A pattern is a series of offensive and defensive movements against an imaginary opponent
2. Dan Gun was named after the holy Dan Gun, legendary founder of Korea in the year 2333 BC. It has 21 movements
3. The middle block (left hand in move 9, right in move 11) is the primary block because it starts on the inside / on top (i.e. closest to your body)
4. Yellow signifies the earth in which the plant takes root as the foundations of Taekwon-Do are laid.
5. Blocks to inside/ outside of the attacking tool (can be demonstrated)
6. A block that comes from outside (your shoulder) towards the inside of the blockers body (your centre line)(can be demonstrated).
7. High **section** is shoulders to top of head, middle is shoulders to waist, low is below waist.
8. It is advised that you buy a students handbook if you haven't got one as the sheets can only give an outline of what might be asked. (Sheets will not be provided for gradings after the next one)

Student handbooks cover everything up to black belt and cost £19 from your instructor. Pattern books are also available for all patterns, showing and naming every move (ideal for parents to help children), at £15 & £3 P & P from [www.taekwondoartworks.com](http://www.taekwondoartworks.com). Do not buy any other books without checking suitability with instructors.

Remember you could also be asked anything from the previous grading theory so revise your 9<sup>th</sup> & 10<sup>th</sup> kup theory too.