

Information For 8th Kup juniors (Yellow belt going for green stripe)

Technical

Understand and correctly perform all 10th and 9th Kup techniques.

Name and demonstrate all stances learned so far (walking, sitting, attention, L, parallel)

Understand and correctly perform the following defensive techniques:

Inside block, Outside Block, Inward Block, Outward Block.

Understand and perform the following:

Front Snap Kick, Obverse Punch followed by Reverse Punch.

Walking stance low block rising block in **continuous motion**

Perform pattern Dan Gun and pattern Chonji

Perform 3-step sparring

Theory

Understand all 10th and 9th Kup requirements.

Understand the basic commands.

Be able to **point** to your **inner forearm** and **outer forearm**, **forefist**, **knifehand**, and **front sole** (ball of foot)

Theory Test for 8th Kup Junior Students

1. Describe a Pattern.

2. What is the meaning of Pattern Dan Gun and how many moves does it have?

3. In movements 9 and 11 of Dan Gun (twin forearm block), which is called 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**

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 a brief outline of what might be asked. (Sheets will not be provided for gradings after this one)

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

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