



# REQUIREMENTS FOR 7TH GUP

8G

(TESTING FOR GREEN STRIPE)

Student name: \_\_\_\_\_

### Patterns

Dan-Gun

Chon-Ji

Classes required to test = 24

  
  


### Kicking

Double Turning Kick - Rear leg stepping motion High Section

Side Piercing Kick Hold for 5 seconds - Rear leg Stepping motion

Combination Kicking - Double Front Kick + Double Side Kick - Rear leg Stepping

  
  


### Fitness Requirement

Push-ups - 20

### Sparring

Three Step Sparring with a partner - Set 2

Free Sparring - Hand and Foot Combinations

Free Sparring - Sideways Dodging

  
  


### Ho Shin Sool

Joint attack straight grab

Joint attack cross grab

Joint attack single lapel grab

  
  


### Theory

Dan-Gun pattern Interpretation:

Dan-Gun is named after the Holy Dan-Gun, legendary founder of Korea in the year of 2333 B.C. Dan-Gun has 21 movements and its diagram is the shape of a capital "I".

The Tenets of Taekwon-Do:

Courtesy

To be polite and respectful

Ye-Ui

Integrity

To be reliable and truthful

Yom-Chi

Perseverance

To never give up

Een-Ne

Self-Control

To control oneself emotionally and physically

Gook-Gi

Indomitable Spirit

To have inner strength to overcome obstacles

Bpek-Chol Bpool-Gool

The Three Classes of Black Belt:

1st - 3rd Dan Novice

Boo Sa-Bum

4th- 6th Dan Expert

Sa-Bum

7th - 8th Dan Master

Sa-Hyung

9th Dan Grand Master

Sa-Sung

Pattern Directions:

The student stands at X on the line A-B facing D

