

8th Kup - Grading to Green Stripe

Line Work - All moving forwards and/or backwards:

- Twin forearm block in L-Stance
- Knife-hand strike in L-Stance
- Walking stance low block, rising block (in continuous motion)

Pad Work 3: *(see full technique explanation - Page 26-27)*

- Back Fist (on Focus Mitts) from 'fighting stance'
- Lift & shift Side Kick (on Kick Shields) with front leg

Pattern:

- *Dan-Gun*

Partner work:

- *Free Sparring*

Pre-arranged Sparring: 3-step No.3 *(see full technique explanation - Page 34)*

- **Attack** – *High section straight punch (targeting the nose)*
- **Defence** – *Outer forearm rising block (walking stance)*

Self Defence No 3: *(see full technique explanation - Page 31)*

- **Attack** - *High hooking punch (Haymaker)*
- **Defence:** *Stepping forward into L-stance Twin Forearm block*

Breaking (Power Test):

- *Front Leg Side Kick (from Stationary position – no step through)*

Theory: You will be asked a range of questions from those listed below. Young children may learn just key words.

History/Culture:

- What is the Meaning of Dan Gun? *Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC*
- How many movements are in Dan Gun? *21*

Korean Terminology

- Knife-hand Guarding block: *Sonkal Daebi Maki*
- Twin forearm block: *Sang Palmok Maki*
- Rising Block: *Chookyo Maki*
- Knifehand Side Strike: *Sonkal Yop Terigi*
- Side Kick: *Yop Chagi*

Technical Knowledge:

- For what target are we aiming for with a twin forearm block against a hooking (haymaker) punch, and why: *Aiming for the neck with a view to hitting nerve points and/or carotid artery. Intent is to knock out the opponent or cause temporary collapse, allowing us to escape from a hostile situation.*
- Name 2 of the 6 components of power: *Mass, Speed, Equilibrium (Balance), Breath Control, Reaction Force, Concentration of Force.*

What is the basic premise in respect of the law when applying any self-defence technique: *A person may use force to defend themselves but may only do what is reasonable for the situation they face.*