



Tanny Academy of Martial Arts

www.tannymartialarts.com

8th Gup Yellow Belt / Green Stripe "High Yellow" Requirements



Testing Requirements for the Green Stripe:

- Must have a minimum of 4 months of consistent training and a minimum of 30 classes.
- Juniors must have all 8 Stripes prior to being eligible to test
- Must have approval from the head instructor (Mrs. Tanny)
- Must have submitted the test application w/ payment at least 7-days before the test
- ATFI (American Taekwon-do Federation International) Membership is due at this time (\$25 one-time fee, lifetime membership)
- Students should keep a notebook of all the curriculum, notes, etc from your training, which must be presented at the 1st Gup High Red Belt level in order to test for your 1st Dan Black Belt.

COST OF TESTING: \$30 (Family discount \$5 off each member for 2+ members testing at the same time)

Make Checks Payable to: Tanny Academy of Martial Arts (or TAMA), Cash or Credit/Debit Cards also accepted

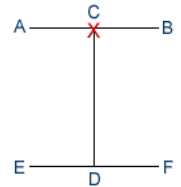
Pattern / Tul – Dan-Gun Tul (Black Stripe – Juniors)

Number of Movements: 21

Diagram/Path: Capital I

Meaning: DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Starting Position: Parallel ready stance



The illustrations for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

END: Bring the left foot back to a ready posture.

Fundamental Techniques/Movements (Yellow Stripe – Juniors)

1. Sitting Stance – Low, Middle, Rising Blocks (alternating) x 10
2. L-Stance, Knife hand Guarding Block x 4 fwd, 4 bkwd
3. L-Stance, Twin Forearm Block x 4 fwd, 4 bkwd
4. Walking Stance, Low outer forearm block, Rising Block (continuous) x 4 fwd

Self Defense / Ho sin-sul (Silver Stripe – Juniors)

1. **Cross Wrist Grab** – Punch or Kick to distract. Open hand (that's being grabbed) and circle towards the outside to grab attacker's wrist. Step through with opposite leg as you apply an arm bar with the other arm towards attacker's elbow. Keep the hand you are grabbing high for leverage. Follow up with a knee strike.
2. **Double Lapel Grab** – Check one of attacker's hands with one hand and execute an upset punch to the stomach with the other hand or Kick to knee/shin to distract. Weave one arm through attacker's arms forming prayer hands. Step back with same side as weaving arm and pull arms to opposite shoulders to break the grip. Follow up with a side kick to knee, groin or stomach.

3. **Double Lapel Grab** – Form a prayer hand/prayer block circling arms through the middle of the attacker's hands and around and down to break the grip. Complete the circle with your arms and come back through to grab attacker for a knee strike.
4. **Single Lapel Grab** – Check attacker's hand by trapping with your hand and execute palm heel strike to bridge of nose, chin or solar plexus with your free hand to distract. Trap with both hands above the wrist and bend attacker's wrist to loosen grip. Follow w/ counter A or B
 - a. Place your thumbs on the back of attacker's hand and apply a wrist lock. Step back as you drag attacker's hand down and forward, making sure your head/body stays up. Counter with Knee strike/kick.
 - b. Grab and peel attacker's hand with your free hand and flip. Step through with opposite side and apply arm bar like in Yellow Belt Self Defense #1. Follow up with a knee strike.

Step Sparring / Matsogi (*Green Stripe – Juniors*)

Intermediate 3-Step Sparring #1-3 (Sambo Matsogi)

1. Attack: Mid-section Obverse Punch, Walking Stance – R, L, R – 3 punches; Defense: Step back R Leg, Knife hand Guarding Block, L-stance; Step Back L Leg, knife hand (slide 30 degrees towards the attacker's inside on the 3rd block), Turning Kick to Ribs, Knife hand side strike to the throat (landing in hand technique as you set foot down after kick)
2. Attack: Mid-section Obverse Punch, Walking Stance – R, L, R – 3 punches; Defense: Same as above except on last Knife hand guarding block, slide directly back; Rear leg out-in crescent kick (kick punching hand), Back kick
3. Attack: Mid-section Obverse Punch, Walking Stance – R, L, R – 3 punches; Defense: Same as #1 except slide 45 degrees to attacker's inside and execute Turning Side kick, skipping side kick (attacker slides back)

Free Sparring (*Red Stripe – Juniors*)

Intermediate

Fitness

20 Push-ups, 20 Sit-Ups, 20 Squats, 3 Minutes - Shuttle Runs, 2 Minutes Jump Roping

Breaking (*Red Stripe – Juniors*)

1. Juniors (12 and under): Turning Side Kick (Junior Board)
2. Teens/Adults (13+): Stepping/Skipping Side Kick and Downward Palm Heel Strike

Blocks / Makgi

1. Knife hand Guarding Block - *Sonkal Daebi Makgi*
2. Rising Block – *Chookyo Makgi*
3. Twin Forearm Block – *Sang Palmok Makgi*

Kicks / Chagi -

1. Back Kick – *Dwit Chagi*
2. Outside Crescent (Out to In) - *Bandal Chagi*
3. Skipping Kick (Front, Side, Turning) - *Duro Gamyo Chagi*

Strikes / Taerigi

1. Knife hand Side Strike – *Sonkal Yop Taerigi*
2. Palm-heel Strike – *Sonbadak Taerigi*

Theory

1. What is the meaning, pattern diagram and number of movements of Dan-Gun Tul? Please see Pattern Section
2. When was Taekwon-do officially recognized? *April 11, 1955*
3. What is the significance of the yellow belt? *Yellow signifies the Earth from which a plant sprouts, as the foundation (roots) of TaeKwon-Do is being laid*
4. What is the Sine Wave? - *The Sine Wave (sinewave) motion is a movement unique to ITF Chang Hon-style Taekwon-do. It is named for the mathematical concept sine wave, an oscillating up-and-down motion. The intent in taekwondo is to create maximum power in one's technique by raising and lowering the body during the technique. The three stages of the Sine Wave are 1) Body drops (knees are bent) and arms are neutral 2) Body rises up and arms extend 80% to prepare for technique 3) Body drops quickly - keep muscles relaxed until end of movement when they are tensed to stop the body's dropping motion as well as arm movement and to end breath control. The Sine Wave should be performed in one continuous flowing motion.*

Juniors Korean Terminology (12 and under)

Rising Block - Chookyo Makgi
Twin Block - Sang Makgi
Guarding Block - Daebi Makgi
Low Block - Najunde Makgi
Middle Block - Kaunde Makgi
High Block - Nopunde Makgi

Middle Punch - Kaunde Jirugi
High Punch - Nopunde Jirugi
Strike - Taerigi
Thrust - Tulgi
Knife hand - Sonkal
3-Step Sparring - Sambo Matsogi

Teens/Adults Korean Terminology (13 and older)

Juniors Korean Terminology + the following:

Skippping Kick - Duro Gamyo Chagi
Walking Ready Stance - Gunnun Junbi Sogi
Knife hand Side Strike – Sonkal Yop Taerigi
Palm-heel Strike – *Sonbadak Taerigi*
3-Step Sparring - Sambo Matsogi
Ball of the Foot - Ap Kumchi
Footsword - Balkal
Forefist punch - Ap joomuk jirugi
Front Rising Kick - Apcha Olligi

Front snap kick - Apcha Busigi
Ball of Foot - Ap kumchi
Forefist - Ap joomuk
Rising Block - Chookyo Makgi
Twin Forearm Block - Sang Palmok Makgi
Outer forearm High Block – Bakat Palmok Nopunde Makgi
Crescent Kick - Bandal Chagi
Obverse - Baro
Reverse - Bandae

Additional Information

- If a student misses the exam date or fails belt promotion, he/she must wait until the next scheduled belt promotion to test.
- If a student receives a Conditional Pass, he/she has 2 weeks to work on correcting the issues and will retest in class with an instructor.