



Yellow Belt - 8th Kup

Whom is Dan-Gun named after?	Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333BC.
How many movements are there in Dan-Gun and what is the Diagram?	21 I
What does the colour yellow represent?	Yellow signifies the Earth in which a plant sprouts, as the foundation (root) for Taekwon-do is being laid.
What is the Korean for:	
- Middle punch?	Kaunde Jirugi
- High Punch?	Nopunde Jirugi
- Low block?	Najunde Jirugi
- Middle Block?	Kaunde Makgi
- High Block?	Nopunde Makgi
- Rising block?	Chookyo Makgi
- Guarding Block?	Daebi Makgi
- Twin Block?	Sang Makgi
- Kick?	Chagi
- Strike?	Taerigi
- Thrust?	Tulgi
- Demonstrate an obverse, reverse punch in L-stance	(Obverse in L-stance is on the same side as the back leg)

