



Yellow Belt Cheat Sheet

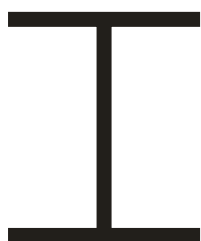
Everything you need for your 8th Kup grading · Pattern: Dan-Gun



The Pattern — Dan-Gun

21 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Parallel Ready Stance

MEANING

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333BC.



Pattern Movements

21 MOVES

1. Knife Hand Guarding Block (Middle · L · Left 90°)
2. Obverse Punch (High · W · Forward)
3. Knife Hand Guarding Block (Middle · L · Right 180°)
4. Obverse Punch (High · W · Forward)
5. Outer Forearm Block (Low · W · Left 90°)
6. Obverse Punch (High · W · Forward)
7. Obverse Punch (High · W · Forward)
8. Obverse Punch (High · W · Forward)
9. Twin Outer Forearm Block (Mid / High · L · Left 270°)
10. Obverse Punch (High · W · Forward)
11. Twin Outer Forearm Block (Mid / High · L · Right 180°)
12. Obverse Punch (High · W · Forward)
13. Outer Forearm Block (Low · W · Left 90°)
14. Rising Block (High · W)
15. Rising Block (High · W · Forward)
16. Rising Block (High · W · Forward)
17. Rising Block (High · W · Forward)
18. Knife Hand Strike (Middle · L · Left 270°)
19. Obverse Punch (High · W · Forward)
20. Knife Hand Strike (Middle · L · Right 180°)
21. Obverse Punch (High · W · Forward)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

Earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

13 TERMS

KOREAN	ENGLISH	KOREAN	ENGLISH
Sonkal Daebi Makgi	Knife Hand Guarding Block	Dung Joomuk Taerigi	Back Fist Strike
Sang Bakat Palmok Makgi	Twin Outer Forearm Block	Bandae Jirugi	Reverse Punch
Nopunde Chookyo Makgi	High Rising Block	Sambo Matsoki	3 Step Sparring
Nopunde Ap Joomuk Jirugi	High Section Forefist Punch	Bakat Palmok Anaero Makgi	Outer Forearm Inward Block
Kaunde Sonkal Taerigi	Middle Section Knife Hand Strike	Dung Joomuk Ap Naeryo Taerigi	Back Fist Front Downward Strike
Yop Chagi	Side Kick	Omgyo Didimyo Dolgi	Step Turn
Dollyo Chagi	Turning Kick		



Line-Work For This Grading 8 DRILLS

1. L stance twin forearm block
2. L stance knife hand guarding block
3. Front kick, double punch
4. L stance inward block
5. Turning kick, guarding block
6. L stance forearm guarding block
7. Side kick, guarding block
8. Low block, rising block, reverse punch



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Dan-Gun, all 21 movements | ☐ Meaning of Dan-Gun |
| ☐ 3 Step Sparring (Sambo Matsoki) | ☐ Line-work — all 8 drills |
| ☐ Korean terminology for this grade | ☐ The five tenets, in order |
| ☐ Theory of power, all six | ☐ Meaning of your belt colour |
| ☐ Dobok clean, belt tied properly | |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.

Drill this on the way to class



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