8th Kup
Yellow Belt Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

☑ **Use the tick the boxes** to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN
☐ **Dan Gun** (21 moves) is named after the Holy Dan Gun, legendary founder of Korea in the year 2333 BC.

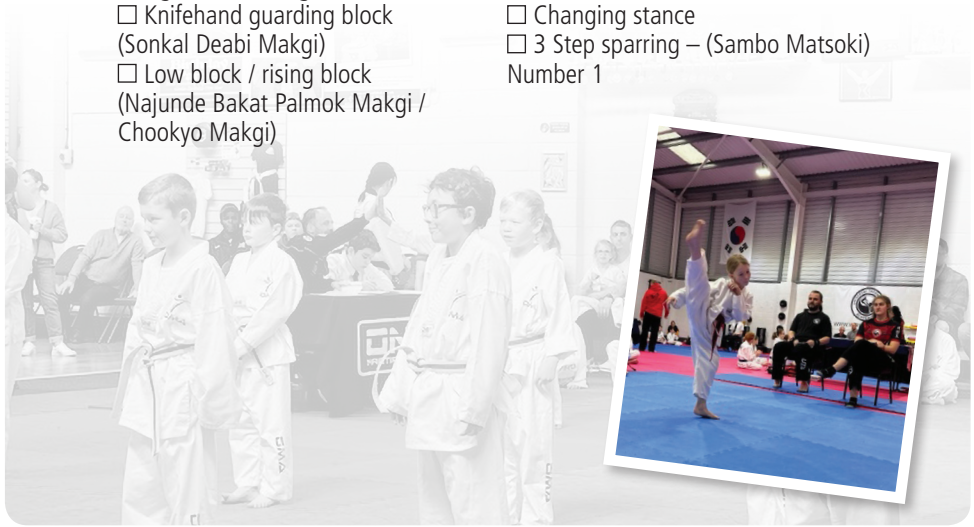
ATTACK MOVES
☐ Knifehand Strike (Sonkal taerigi)

DEFENCE MOVES
☐ Twin forearm block (Sang Palmok Makgi)
☐ Knifehand guarding block (Sonkal Deabi Makgi)
☐ Low block / rising block (Najunde Bakat Palmok Makgi / Chookyo Makgi)

STANCES
☐ L-Stance (Niunja Sogi)
☐ Walking stance (Gunnan Sogi)
☐ Sitting stance (Annun Sogi)

KICKS
☐ Turning Kick (Dollyeo Chagi)

SPARRING & FITNESS
☐ Jab Cross
☐ Changing stance
☐ 3 Step sparring – (Sambo Matsoki) Number 1



THEORY
At the grading you will be asked up to 5 Theory questions from those listed on this page. As you progress through the grades you will build up your theory knowledge step by step. For children ages 11 and under please ensure you learn the pattern meaning, the belt meaning and at least 3 of the words from the list. Children of this age will be asked which words they have learned. Children aged 12 and over will be expected to learn all the words.

Of course feel free to learn as much theory as you like, this will help you as you progress to Black Belt.

☐ Meaning of **Dan Gun** (as on page 14)
☐ Number of moves in **Dan Gun** (21)
☐ Twin forearm block **Sang Palmok Makgi**
☐ Knifehand Strike **Sonkal Taerigi**
☐ Knifehand guarding block **Sonkal Deabi Makgi**
☐ 3 Step sparring **Sambo Matsoki**
☐ Turning Kick **Dollyeo Chagi**

MEANING OF YELLOW BELT
☐ A Yellow Belt signifies the earth from which a plant sprouts and takes root as the foundation of Taekwon-Do is being laid.

Use this box to write notes on your progress.