

# 8th Kup (Yellow Belt) Theory Work



## GENERAL TERMS

Inwards  
Outwards  
Upwards  
Downwards

## DEFENSIVE MOVES

Knifehand Guarding Block  
Twin Forearm Block  
Inward Outer Forearm Block

## OFFENSIVE MOVES

Side Front Snap Kick  
Middle Knifehand Strike  
Middle Reverse Punch

## PATTERN

21 MOVES

## SPARRING

THREE STEP SPARRING  
SEQUENCES 3 & 4

## 8th Kup Questions

**What does green signify?**

## GENERAL TERMS

ANAERO  
BAKAERO  
OLLYO  
NAERYO

## DEFENSIVE MOVES

SONKAL DAEBI MAKGI  
SANG PALMOK MAKGI  
ANAERO BAKAT PALMOK MAKGI

## OFFENSIVE MOVES

YOP AP CHA BUSIGI  
KAUNDE SONKAL TAERIGI  
KAUNDE BANDAE JIRUGI

## PATTERN

DAN GUN

## SPARRING

SAMBO MATSOKI

Green signifies the plant's growth as  
TaeKwon-Do skills begin to develop

**When was Heart of England-ITF  
founded?**

4 July 2009

**When was the ITF formed?**

22 March 1966

**Explain twin forearm block?**

Twin forearm block is made of two  
blocks - an outer forearm block to the  
front which finishes with the fist level  
with the shoulder and an outer  
forearm rising block to the side to  
protect the head. This technique is  
designed to defend against two  
possible attacks at the same time

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## 8th Kup (Yellow Belt) Theory Work Cont.d



**Name five stances?**

**Charyot Sogi** - Attention Stance  
**Narani Sogi** - Parallel Stance  
**Annun Sogi** - Sitting Stance  
**Gunnon Sogi** - Walking Stance  
**Niunja Sogi** - L Stance

**Name four blocks?**

There are others to chose from. You do not have to use the examples listed. It would show you've worked harder if you come up with a few of your own

**Kaunde An Palmok Makgi** - Middle Inner Forearm Block  
**Najunde Bakat Palmok Makgi** - Low Outer Forearm Block  
**Chookyo Makgi** - Rising Block  
**Sonkal Daebi Makgi** - Knifehand Guarding Block  
**Sang Palmok Makgi** - Twin Forearm Block

**Meaning of Dan-Gun?**

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

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