



Yellow Belt / 8th Kup - Theory



Yellow Belt – signifies earth as a plant sprouts and takes root as TKD foundation is being laid

Dan-Gun – It's named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC

21 movements

Stance (Sogi)

Attention stance - Charyot sogi

L Stance – Niunja Sogi (weight distribution 70% back leg/30% front leg)

Sitting Stance – Annun Sogi

Block (Makgi)

Inner Forearm Block – An Palmok Makgi

Twin Forearm Block – Sang Palmok Makgi

Knifehand Guarding block – Sonkal Daebi Makgi

Kick (Chagi)

Turning Kick – Dollyo Chagi

Side Kick – Yop Chagi

Strike (Taerigi)

Knifehand Strike – Sonkal Taerigi

Back Fist Strike – Dung Joomuk Taerigi

Inward – Anaero

Ready – chunbi

Knife Hand – Sonkal

3 Step Sparring – Sambo Matsoki

Foot Sword – Balkal

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts





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WHAT IS A PATTERN?

A set of fundamental movements, mainly defence and attack, set in a logical sequence against 1 or more imaginary opponents

WHY DO WE PERFORM PATTERNS?

To learn sparring techniques, stances, breath control, muscle toning and to learn when to relax and tense muscles at the correct time. As well as to correct and improve facing and to practice other techniques that are not possible in other areas of training

WHY DO WE LEARN PATTERN MEANINGS?

Pattern interpretations are derived from people and events in Korean history and show one or more of the tenets to give us inspiration

WHY ARE THERE 24 PATTERNS?

The founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the Earth and believed that some people should strive to leave a good spiritual legacy to coming generations. Founder says:

"Here I leave Tae Kwon-do for mankind. As a trace of a man of the late 20th century, the 24 patterns, on day or all of my life"

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