

APPLICABLE TO 8th KUP STUDENTS

DAN-GUN Is named after the holy *DAN-GUN*, the legendary founder of Korea in the (21 movements) year **2333 B.C.**

TYPES OF APPLICATION:

CONTINUOUS MOTION - *YONSOK DONG JAK*

Performing two or more moves without pause or stopping, each move must be performed with its own breath control. i.e. Movements 13 & 14 in Dan-Gun.

Front Block - *AP MAKGI*

The body must be full-facing the opponent with the blocking tool on solar plexus line i.e. *Bakat Palmok Chookyo Makgi*

Side Block - *YOP MAKGI*

The body must be half-facing.

Inside Block - *AN MAKGI*

Any block directed to the inner part of the attacker's arm or leg.

Inward Block - *ANURO MAKGI*

Any block coming into the defenders own body i.e. *Bakat Palmok Anuro Makgi*

Outside Block - *BAKKAT MAKGI*

Any block directed to the outer part of the attacker's arm or leg.

Outward Block - *BAKURO MAKGI*

Any block moving away from the defender's body i.e. *An Palmok Kaunde Makgi*

WORDS USED IN TRAINING HALL (DO-JANG):

Seperate	-	<i>HECHO</i>
Continue	-	<i>GAE-SOK</i>
Warning	-	<i>JU-UI</i>
Deducting Point	-	<i>GAM JUM</i>
Disqualification	-	<i>SIL KYUK</i>

BODY PARTS:

Front Sole	-	<i>AP KUMCHI</i>
Foot Sword	-	<i>BALKAL</i>
Back Heel	-	<i>DWICHOOK</i>
Knifehand	-	<i>SONKAL</i>
Reverse Knifehand	-	<i>SONKAL DUNG</i>

DEFENSIVE TECHNIQUES:

Knifehand Guarding Block	-	<i>SONKAL DAEBI MAKGI</i>
Outer Forearm Low Block	-	<i>BAKAT PALMOK NAUNDE MAKGI</i>
Twin Forearm Block	-	<i>SANG PALMOK MAKGI</i>
Outer Forearm Rising Block	-	<i>BAKAT PALMOK CHOOKYO MAKGI</i>

ATTACKING TECHNIQUES:

High Front Punch	-	<i>NAPUNDE AP JIRUGI</i>
Knifehand Side Strike	-	<i>SONKAL YOP TAERIGI</i>
Side Piercing Kick	-	<i>YOP CHA JIRUGI</i>
Turning Kick	-	<i>DOLLYO CHAGI</i>
Reverse Turning Kick	-	<i>BANDAE DOLLYO CHAGI</i>

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

4 DEFENSIVE MOVEMENTS IN DAN-GUN:

'L' STANCE (Knifehand) Middle Guarding Block
Niunja SO (Sonkal) Kaunde Daebi Makgi

WALKING STANCE (Outer Forearm) Low Block
GUNUN SO (Bakat Palmok) Najunde Makgi

'L' STANCE Twin Forearm Block
NIUNJA SO Sang Palmok Makgi

WALKING STANCE (Outer Forearm) Rising Block
GUNUN SO Bakat Palmok Chookyo Makgi

Movement 13 & 14 (*Bakat Palmok Najunde, Chookyo Makgi*)
are performed in **Continuous Motion YONSOK DONG JAK**

NOTES:

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|---------------------------|---|--|
| 3 Step Sparring | - | SAMBO MATSOGI |
| Attacker's Ready position | - | Walking Stance Outer Forearm Low Block |
| Defender's Ready position | - | Parallel Ready Stance |

3 Step Sparring should be practiced:

Alone in One Direction

With a partner in One Direction (Forwards attacking and Backwards Defending)

With a partner in Two Directions (Forwards and backwards attacking and defending)

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|---------------------------|---|--|
| Free Sparring | - | JAYOO MATSOGI |
| Attacker's Ready position | - | 'L' Stance Forearm Middle Guarding Block |
| Defender's Ready position | - | 'L' Stance Forearm Middle Guarding Block |

YELLOW Signifies *earth*, in which a *plant takes root and sprouts* as TaeKwon-Do *foundation is being laid*.