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## YELLOW BELT

Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

### PATTERN

Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC. There are 21 movements in this pattern.

### TECHNIQUES

Hooking Kick with front leg (Golcho Chagi)

High front punch

Knife hand strike

Twin outer forearm block

Rising outer forearm block

Double knife hand guarding block

Combination Kicks - alone and with a partner

### SELF DEFENSE

Posture (standing tall)

Trade/Deal

Pushing, strike to the knee

### SPARRING

Side stepping against side kick (pivoting)

Hop and slide side kick

Combinations (double punch, turning kick)

3 Step-Sparring for Dan-Gun (7-12 year olds alone; 13 + with partner)

-See Step Sparring Appendix

### BREAKING

Side kick (minimum 1 white board)

### THEORY

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt

### TEST REQUIREMENTS

20 credits minimum

Online theory certificate

#### Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character cards