



## Theory for your third grading

(Current belt: Yellow Belt 8<sup>th</sup> Kup  
Grading for: Green Tag 7<sup>th</sup> Kup)

**Dan Gun** is named after the Holy Dan Gun who was the legendary founder of Korea in the year **2333 BC**. The pattern has **21 movements**. All the punches in the pattern are performed in **high section** (in Chon-Ji they are all mid-section).

The colour **green** signifies the growth of a plant as a student's Tae Kwon-Do skills develop.

### The purpose of 3-step sparring:

To learn **basic** techniques and to teach the student technical elements of the art such as **correct blocking, correct distancing, correct counter attacks, focus** and **timing**.

### Why do we stretch?

Stretching is done during and after training to improve **flexibility** and to avoid **injury**.

**Kicking tools:** **Front kick:** uses the ball of the foot.

**Turning kick:** uses the ball of the foot.

**Side kick:** uses the foot sword.

### New techniques from Dan Gun:

**Knifehand strike:** horizontal strike using the outer side of the hand.

**Twin outer-forearm block:** defensive movement performed with one arm in an outwards facing middle block and the other in a rising block.

**Knifehand guarding block:** a guard performed with both hands in the knifehand position.

**MAKE SURE YOU KNOW AND REMEMBER THEORY FROM YOUR PREVIOUS GRADINGS**