Required Knowledge for 9th Grade- White Belt / Gold Stripe

Hyung: Dan-Gun **Movement: 21** **Diagram:**

Dan-Gun: Named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 (B.C.)

Beginning Position: Parallel ready stance / End Position: Left foot moves to right foot.

Significance of a Gold Stripe: Glimmer of Knowledge

Stances:

One-legged: The foot on the floor is pointing straight ahead, leg is slightly bent at the knee. The other leg is up with knee pointing straight ahead and foot parallel to the floor, toes up, arms are out from the side, hands are in a fist. Foot on the floor determines stance.

Bending ready stance: The foot on the floor is 135 degrees from the front and the leg is bent slightly. The other leg is raised with the knee pointing to the rear and the foot parallel floor as in side piercing kick. Hands are in a guarding block position. Foot on the floor determines the stance.

Rear Foot Stance: The feet are perpendicular to each other, the front foot faces straight ahead and inline with the rear ankle. Feet are close together but not touching, the front knee is bent with the heel off of the floor. The rear foot determines the stance.

Fighting Stance (Position): Whatever is comfortable for you, Side out determines the stance.

Techniques, Vocabulary, Questions

Hand Techniques: Reverse punch, Single Knife Hand block, Double Forearm block, Twin Forearm block, Single Knife Hand strike, Guarding block

Foot Techniques: Turning kick (Ball), Roundhouse kick (Instep), Boot-to-Boot sweep,

Soft Technique: Begin developing Nikkyo, Back fall (lead up to break fall)

Concepts: Inward – Outward

Basic Defense # 1: Two hand front chock (hard)

Three-Step Choreographed attack and defense # 1 through # 5

Vocabulary: Master – Sa Bom Nim, Instructor – Kyosa Nim, Student – Jeja, Male Title of Honor – Name plus: SSI, Female Title of Honor – Name Plus: Puin

Questions:

1. What does Dan-Gun mean?
2. Why do we have patterns (Hyungs)?
3. Why should you respect higher belts?
4. Who is your Instructor?
5. Who are his/her assistants?
6. What is the significance of a gold stripe on a white belt?

