**8th Kup Yellow Belt Grading Work**

**Pattern: DAN-GUN**

**Meaning:** DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC

**Line Work:**

RIGHT LEG BACK LOW BLOCK

STEPPING FORWARD SANG PALMOK MAGKI IN L STANCE X4

STEPPING BACK KNIFEHAND STRIKE IN L STANCE X4

STEP FORWARD KNIFEHAND GUARDING BLOCK X4

STEP BACK INWARD BLOCK X4

TURNING KICK GUARDING BLOCK

STEP BACK MIDDLE BLOCK

**3 Step Sparring ( Sambo Matsoki):**

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

1. Right leg back walking stance, middle inner forearm block to the inside three times.

Counter attack = Reverse punch

2. Left leg back 'L' stance, middle inner forearm block to the outside three times.

Counter attack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck.

3. Left leg back 'L' stance, middle inward outer forearm block to the inside three times.

Counter attack = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.

4. Left leg back 'L' stance, middle inward forearm block to the outside three times.

Counter attack = Move the left leg into a sitting stance, focus with left hand, execute double punch.