**8TH KUP YELLOW BELT BELT THEORY**

MEANING OF PATTERN DAN GUN

DAN GUN is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

Number of moves - 21

MEANING OF BELT COLOUR YELLOW

Yellow signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.

MEANING OF BELT COLOUR GREEN

Green Signifies the plant's growth as Tae Kwon-Do skills begin to develop.

KOREAN TERMINOLOGY

PALM - SONBADAK
KNIFEHAND STRIKE - SONKAL TAERIGI
BACKFIST STRIKE - DUNG JOOMUK TAERIGI
SIDE PIERCING KICK - YOP CHAJIRUGI
KNIFEHAND GUARDING BLOCK - SONKAL DAEBI MAKGI
TWIN FOREARM BLOCK - SANG PALMOK MAKGI
SEMI FREE SPARRING - BAN JAYOO MATSOKI

HIGH SECTION- NOPUNDE
MIDDLE SECTION - KAUNDE
LOW SECTION - NAJUNDE (AND WHERE ARE THEY)

A 'WALKING STANCE' IS ONE AND A HALF SHOULDER WIDTHS LONG, AND ONE SHOULDER WIDTH WIDE

AN 'L STANCE' IS ONE AND A HALF SHOULDER WIDTHS LONG WEIGHT DISTRIBUTION - 70% ON THE BACK LEG 30% ON THE FRONT LEG