






## Yellow Belt – Green stripe



### Tip work for Warriors and juniors is as follows:

-  L Stance knife hand strike, Side rising kicks, Name of new pattern? - Dan Gun
-  Walking stance low block rising block, How many moves in Dan Gun? 21
-  L Stance Twin Forearm Block Forwards and backwards 1 step No. 3 (slide out, front kick double
-  Side kick breaking, Half of Dan Gun
-  Meaning of Dan Gun, Sparring, Dan Gun

### The grading will be as follows:

1. Presentation and etiquette
2. L Stance twin forearm block
3. Walking stance low block rising block
4. L stance knife hand strike
5. Side kick on a pad
6. Dan Gun
7. Free sparring
8. 1 step sparring (juniors only) – Number 3 Forearm guarding block, front kick double punch.
9. Breaking side kick
10. Questions

### The following questions will need to be learned before progressing.

- **What does TST UK stand for?** Traditional Style TaeKwon-Do United Kingdom
- **How many moves are in Dan Gun?** 21
- **What is the Meaning of Dan Gun?** Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC
- **What does the green belt signify?** The Green Belt signifies the plant's growth as the Taekwon-Do skill begins to develop.
- **Name 2 parts of your hand?** Ap Joomuk (first two knuckles) Sonkal (Knife hand)
- **Name 3 Stances?** Walking stance- Gunnan Sogi L- Stance Niunja Sogi Sitting Stance- Annon Sogi Ready Stance- Jumbi Sogi Attention Stance- Charriot Sog