

TERMINOLOGY APPLICABLE TO 8<sup>th</sup> KUP



Patterns:

**Dan-Gun (21 movements):** Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Body Parts:

<i>Ap Kumchi</i>	Front sole - used for front snap kick and turning kick.
<i>Balkal</i>	Footsword - used for side piercing kick.
<i>Dwit Chook</i>	Back heel - used for reverse turning kick.
<i>Sonkal</i>	Knifehand
<i>Sonkal Dung</i>	Reverse knifehand

Attacking movements:

<i>Bandae Dollyo Chagi</i>	Reverse turning kick
<i>Dollyo Chagi</i>	Turning kick
<i>Nopunde Ap Jirugi</i>	High front punch
<i>Sonkal Yop Taerigi</i>	Knifehand side strike
<i>Yop Cha Jirugi</i>	Side piercing kick

Defensive Movements:

<i>Chookyo Makgi</i>	Rising block – in walking stance
<i>Sang Palmok Makgi</i>	Twin forearm block – in L-Stance
<i>Sonkal Daebi Makgi</i>	Knifehand guarding block – in L-Stance

Sparring:

<i>Ban Jayoo Matsoki</i> stance)	Semi-free sparring - (Both attacker & defender start in L-
<i>Jayoo Matsoki</i>	Free sparring - (Both attacker & defender start in L-stance)
<i>Sambo Matsoki</i>	Three-step sparring - (Attacker-walking stance – defender-parallel stance)

Commands:

<i>Hechyo</i>	Break/Separate
<i>Gaesok</i>	Continue
<i>Jeuii</i>	Warning
<i>Kamjom</i>	Demerit/Minus point
<i>Silkyok</i>	Disqualification

General Information:

- Rising block is classified as a front block, so it must be performed full facing.
- Front block (**Ap Makgi**) is when the blocking tool finishes at the centre line & the body is full facing.
- When performing rising block, the fist must be over the opposite shoulder.
- Three-step sparring may be practised using the same three of ANY attack.
- Remember not to perform the high punch when returning to **Chon-Ji**.
- Side block is when the body is kept half-facing whilst blocking.

- **Dan-Gun** movements 13 & 14 are performed in continuous motion **Yonsok Dong Jak**
- The 4 defensive movements in pattern **Dan-Gun** are: (1) *Sonkal Daebi Kaunde Makgi in niunja sogi*, (2) *Sang Palmok Makgi in niunja sogi*, (3) *Bakat Palmok Najunde Makgi in gunnon sogi*, and (4) *Chookyo Makgi in gunnon sogi*.