


YELLOW BELT - 8th KUP

QUESTIONS ANSWERS

Whom is Dan-Gun named after ?	Dan-Gun is named after the holy Dan-Gun, the founder of Korea in the year 2333bc.
How many movements are there in Dan-Gun ? and what is the diagram followed ?	21 
What does the colour yellow represent ?	Yellow signifies the Earth from which a plant sprouts, as the foundation (root) for Taekwon-do is being laid.
What is the Korean for:	
- Middle punch ?	Kaunde jirugi
- High punch ?	Napunde jirugi
- Low block ?	Najunde makgi
- Middle block ?	Kaunde makgi
- High block ?	Napunde makgi
- Rising block ?	Chookyo makgi
- Guarding block ?	Daebi makgi
- Twin block ?	Sang makgi
- Kick ?	Chagi
- Strike ?	Taerigi
- Thrust ?	Tulgi
Demonstrate an obverse and reverse punch in L-stance.	(Obverse in L-stance is on the same side as the back leg)