

Yellow Belt (8th Gup):

Stances:

Movement:

Reverse switch

Hand Techniques:

Knife hand

Blocks:

Double knife hand guarding block

Twin forearm block

Kicks:

Front leg (front, turning, side, downward)

Back kick

Self-defense:

Wrist + Lapel using wrist/finger manipulation

Sparring:

Free 1-step

Verbal Knowledge:

Student Manual

Description of techniques

Definition Dan-Gun

Pattern: Dan-Gun

(21 movements)