



Yordan's Black Belt Academy Training Sheet

8th Gup to 7th Gup– Yellow to High Yellow (Green Stripe)

Always maintain knowledge from previous training sheets.

NEW PATTERN RESPONSIBLE FOR: DAN-GUN; KIBON 4

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

COLOR CODE OF AWARENESS

| | |
|--------|---|
| White | When sleeping. |
| Yellow | During everyday actions. You are aware of your surroundings and every action. |
| Orange | When you sense danger and are aware of your potential reactions. |
| Red | When you have no choice but to defend yourself. |

TECHNIQUES:

Turning :

- Spot turn
- Step turn

Hand techniques:

- Reverse punch
- High outside block
- Wedging block
- Fingertip thrust

Foot techniques:

- Skipping side kick
- Back kick
- Stepping hook kick with front leg
- Freestyle kicking

Sparring:

- One steps – minimum of four

Self defense:

- Be prepared for all previous self defense techniques practiced in class.

Breaking:

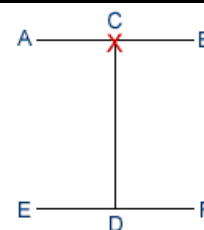
- Techniques and number of boards will be determined by the testing board.

Always continue work on prior patterns and goal sheets.

DAN-GUN**21 MOVES**

Dan-Gun is named for the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Directions for this pattern assume that the student is standing on line AB and facing D.

**Ready Posture: Parallel Ready Stance**

- | | |
|-----------|--|
| 1 | Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand. |
| 2 | Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist. |
| 3 | Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand. |
| 4 | Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist. |
| 5 | Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm. |
| 6 | Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist. |
| 7 | Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist. |
| 8 | Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist. |
| 9 | Move left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E. |
| 10 | Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist. |
| 11 | Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F. |
| 12 | Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist. |
| 13 | Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm. |
| 14 | Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion. |
| 15 | Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm. |
| 16 | Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm. |
| 17 | Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm. |
| 18 | Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand. |
| 19 | Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist. |
| 20 | Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand. |
| 21 | Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist. |

END: Bring the left foot back to a ready posture.