


## 8<sup>th</sup> kup Theory Summary

<p><b>Yellow</b> – signifies <b>the earth</b>, from which a plant sprouts and takes root as the Taekwon-Do foundation is laid.</p>	<p><b>Green</b> - signifies <b>the plant's growth</b>, as Taekwon-Do skills begin to develop.</p>	
<p><b>Dan-Gun – 단군 – 21 movements</b></p>	<p><b>Dan-Gun Diagrammatic Symbol</b></p>	
<p>Dan-Gun is named after the <b>holy Dan-Gun</b>, the legendary <b>founder of Korea</b> in the year 2333 B.C.</p>		
<p><b>Sambo Matsogi</b></p>	<p><b>Strikes (Taerigi) &amp; Thrusts (Tulgi)</b></p>	
<p>Three-step sparring is practised to improve <b>focus, distance</b> and <b>technique</b>.</p>	<ul style="list-style-type: none"> <li>• <b>Strikes</b> are used on <b>hard or soft targets</b> and the aim is to <b>smash or pierce</b>.</li> <li>• <b>Thrusts</b> are used <b>only on soft targets</b> and the aim is to <b>penetrate the target area</b> (e.g. the throat).</li> </ul>	
<p><b>Technique Terminology</b></p>		
<p><b>Tools</b></p> <ul style="list-style-type: none"> <li>• Fingertip – Sonkut</li> <li>• Straight fingertip – Sun sonkut</li> <li>• Backfist – Dung joomuk</li> <li>• Back Heel – Dwit chook</li> <li>• Reverse knife-hand – Sonkal dung</li> </ul>	<p><b>Techniques</b></p> <ul style="list-style-type: none"> <li>• Turning kick – Dollyo chagi</li> <li>• Front snap kick – Ap cha busigi</li> <li>• Side piercing kick – Yop cha jirugi</li> <li>• Reverse turning kick – Badae dollyo chagi</li> </ul>	
<p><b>Sparring</b></p> <ul style="list-style-type: none"> <li>• Semi-free sparring – Ban-jayoo matsogi</li> <li>• Free sparring – Jayoo matsogi</li> </ul> <p><b>Sparring Commands (extra vocabulary)</b></p> <ul style="list-style-type: none"> <li>• Start – Sijak</li> <li>• Break/Separate – Hechyo</li> <li>• Continue – Gaesok</li> <li>• Warning – Jeuii</li> <li>• Minus point – Kamjom</li> <li>• Disqualification – Silkyok</li> </ul>	<ul style="list-style-type: none"> <li>• High front punch – Nopunde ap jirugi</li> <li>• Knife-hand side strike – Sonkal yop taerigi</li> <li>• Straight fingertip thrust – Sun sonkut tulgi</li> </ul> <ul style="list-style-type: none"> <li>• Rising block – Chookyo makgi</li> <li>• Twin forearm block – Sang palmok makgi</li> <li>• Knife-hand guarding block – Sonkal daebi makgi</li> <li>• Low outer forearm block – Najunde bakat palmok makgi</li> </ul> <ul style="list-style-type: none"> <li>• Continuous motion – Yongsok dongjak</li> </ul>	
<p><b>Numbers</b></p> <p>Korean uses a similar system to English and other numbering systems (i.e. you say how many 'tens' followed by how many 'units').</p> <p>e.g. Twenty-three (23) is Sumul-set;  Eleven (11) is Yul-hana (Ten one);  Thirty-eight (38) is Surhun-yadul.</p>	<p>Ten (10) – Yul  Twenty (20) – Sumul  Thirty (30) – Surhun  Forty (40) – Mahun  Fifty (50) – Swin</p>	<p>Sixty (60) – Yesun  Seventy (70) – Ilhun  Eighty (80) – Yeodun  Ninety (90) – Ahun  A hundred (100) – On</p>