



Grading Requirements



8th Kup (Yellow Belt) to 7th Kup (Green Tip Belt)

Theory

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid.

Green represents the plant's growth as the training in Tae Kwon-do progresses.

Hyung

- Tan Gun Hyung (21 movements)

Tan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

New Techniques

Blocks

- Knife hand Guarding Block Sudo Marki
- Twin Outer-forearm Block

Strikes

- Knife hand strike Sudo Taerigi

Kicks

- No new kicks

Sparring

- Sam-Bo Daeryon (3 step)
- Jayel Daeryon (Free)