



What does Yellow Belt Signify?

Yellow Belt signifies the earth from which the plant sprouts and takes root as the foundations of Tae Kwon-Do are laid.

What is Korean for 3 step sparring and why is it performed?

3 step sparring = Sambo Matsoki

We perform this for Focus, Distance and Timing

What is the Yellow Belt Pattern?

Dan Gun

What is the meaning of Dan Gun Tul and how many movements does it have?

Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea who established the country in 2333BC.

21 Movements.

Korean Translations

L Stance	Niunja Sogi (<i>70/30 Weight Distribution</i>)
Walking Stance	Gunnun Sogi (<i>50/50 Weight Distribution</i>)
Parallel Ready Stance	Narani Junbi Sogi
Knife Hand Guarding Block	Sonkal Daebi Makgi
Twin Outer Forearm Block	Sang Bakat Palmok Makgi
Outer Forearm Inward Block	Bakat Palmok Anaero Makgi
Back Fist Front Downward Strike	Dung Joomuk Ap Naeryo Taerigi
Front Kick	Ap Chagi
Front Snap Kick	Ap Cha Busigi
Turning Kick	Dollyo Chagi