




THE PANTHERS DEN

Yellow Belt Requirements
Grade – 8th Gup

Name: _____

Form Name	Movements	Definition
DAN-GUN 	21	Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

Minimum Time In Grade: 25 classes



Meaning of Yellow belt: Gold - an element of the ground.

Korean terminology:

Knife hand block - *Soodo Mackgee*
high block - *Sandan Mackgee*
high punch - *Sandan jirugi*
Yell - *Kiup*

Free Sparring: Will test skill, attitude and self control against opponent.

Breaking: 1 target, 1 board



Definition of Tae Kwon Do:

Tae means to jump, block, kick, smash, or destroy using the foot or knee.

Kwon means a fist to punch, a strike with a knife hand or elbow.

Do means the way or method; more fully, the way to enlightenment, self-realization and understanding. A way of living.

Style of Taekwondo practiced: Chongdokwon

It indicates a technique of unarmed combat for self defense, using the skillful application of foot and hand techniques to the rapid destruction of your opponent.

Tenants of Tae Kwon Do

Courtesy Integrity
Perseverance Self Control
Indomitable Spirit Victory

Self-Defense: 3 hand and 2 foot one step techniques