

Name of Future Black Belt

Module — Dan Gun (2011)

Photograph

Focus Area— Page 1	E	P	CP	Comments
15 Press ups (Gentlemen on Knuckles)				
Sitting Stance, Double punch				
Low Block, Obverse punch, Crescent kick, Front Kick, Axe Kick				
Middle Inner Forearm Block				
Middle Inner Forearm Block Reverse Punch				
Rising Block				
L Stance Knifehand guarding block				
L Stance Knife Hand Block				
Side kick				
Hook Kick				
Turning kick				

Licence No

Date of Belt Graduation

Grading Fee

1 Module

2 Modules

3 Modules

4 Modules

Result

Examiner Signature

Name of Future Black Belt

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Photograph

Focus Area—Page 2	E	P	CP	Comments	
Twin Forearm Block					
Pattern Dan –Gun Tul					
3 Step Sparring					
3 Step Semi free sparring					
Self defence— Arms Behind Back					
Self defence - single wrist grab, double wrist grab					
Taekwondo Oath					
Questions					
Questions					
Questions					
RESULT					



1 MODULE

2 MODULES

3 MODULES

4 MODULES



Module "Dan Gun" Questions (2011)

	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
1	<p>What factors make our blocks and strikes the most powerful they can be?</p> <p>Remember C R A B S S</p>	<p>C—Concentration. 1.The Surface Area of the striking or blocking part of the body affects power. The smaller the surface area the more impactful the technique. 2. Focusing hitting or blocking right on target also increases power.</p> <p>R—Reaction Force. Linked to “Body Weight” and “Speed”, pulling backwards the opposite arm (reaction hand) adds weight and speed to a technique.</p> <p>A— Air Control . Breathing out at the point of impact adds tension to the muscles in the body which adds more power . Stronger than just breathing out is a Kihap or harmonising shout</p> <p>B- Body Weight. The more weight behind a move the more power. We can increase our body weight behind a technique by :- using “Reaction Hand”, Sine Wave and using “some backwards motion or Hip twist at the start ”</p> <p>S—Speed of Movement. The faster we move the more powerful is the technique</p> <p>S—Stance. A firm & balanced base means that power goes to the opponent whereas a weak stance means that the power comes on ourselves, Sir (Ma'am)</p>



	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
2	What does Tae Kwon- Do mean?	<p>“Tae”- Foot or to kick “Kwon” - Hand or fist, “Do” - The Art or the Way Of Sir/Ma’am</p>
3	What is the name and grade of your Instructor?	Mr / Mrs /Miss (First name) then (Surname) then (Grade) Sir, Ma’am
4	Who founded Tae Kwon-do and when ?	Major General Choi Hong Hi, 9th Dan on the 11th April 1955.. Sir/ Ma’am
5	What is 3 Step sparring and why do we practise it?	It is the introduction to dealing with an actual opponent in a sparring situation. Practising develops proper distancing, stances, forearm conditioning, correct blocks, counter attacks, focus and timing ...Sir/Ma’am
6	What do the following belt colours represent?	<p>White— INNOCENCE, that of a beginner with little or no knowledge of Taekwondo Yellow— the EARTH where a plant takes root and Taekwondo Foundations are laid Green—the GROWTH of the plant as Taekwondo Skills develop</p>
7	How many patterns are there in ITF Taekwondo and why was this number chosen?	General Choi felt that a whole lifetime could be compared to a whole day which has 24 hours in it. 24 patterns were created for each hour of a day. Sir/ Ma’am

Module “Dan Gun” Questions (2011)



	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
8	Can you Count from 1 to 10 in Korean?	1-hana 2-dool 3-set 4-net 5—tasot 6-yosot 7-ilgop 8-yodol 9-ahop 10-yol
9	What are the 5 tenets of Taekwon-do and what does each one mean?	CIPSI—is a way of remembering the tenets and it is the order that General Choi wanted taekwondo students to think about them. So everything starts with Courtesy. C—Courtesy I—integrity P—perseverance S—Self Control I—Indomitable Spirit
10	How many Moves in Dan Gun pattern	21 moves
11	What does the Dan Gun pattern stand for	Dan Gun is named after the legendary founder of Korea in the year 2333 BC

Module “Dan Gun” Questions (2011)



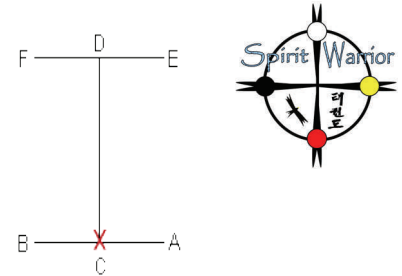
	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
12	Pattern Dan Gun has 4 different blocks in it, can you name the blocks.	Mid section Knife Hand Guarding Block Low outer forearm block Twin Forearm Block Rising Block
13	What is meant by Centre line, Shoulder line and Chest line?	-Centre line is an imaginary line that runs down the centre of the body from head to floor -Shoulder line is an imaginary line that runs from the shoulder straight down to the floor -Chest line is an imaginary line that runs half way between the centre line and shoulder line
14	How much weight is on the back leg in an L Stance and why is it called L stance?	70% and it is called L STANCE because the feet point in different directions like the letter "L"
15	What is the Taekwondo Oath?	I shall observe the tenets of Taekwon-do I shall respect the instructor and seniors I shall never misuse Taekwon-do I shall be a champion of freedom and Justice I shall build a more peaceful world

Pattern Dan—Gun Page 1



Dan Gun Pattern is named after Dan Gun who was the legendary founder of Korea in the year 2333BC

A painting of Dan-Gun



Start standing on line AB facing towards D

1. Start in Parallel ready Stance then 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. Pivot on the front leg turning anti- clockwise and make a twin forearm block facing towards direction B
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 left forearm, maintaining 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 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 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.

October 3rd is celebrated in Korea as a national holiday to commemorate the founding father, Dan-Gun. The legend of his life is as follows: When heaven and earth were one and when animals could speak like humans, the god Hwanin sent his son Hwang-Ung to the East to build a new country. Hwang-Ung settled in what is now called North Korea, at the highest point on the peninsula. This was in the 25th reign of the Yao Emperor in China, approximately 2,333 BC.

One day a tiger and a bear appeared in front of Hwang-Ung and asked that they be made into human form. After great thought Hwang-Ung informed the animals that their wish could be granted, but it would be difficult and would take much patience. The animals agreed that they would do whatever it took to become human. Hwang-Ung gave the tiger and the bear twenty garlic cloves and some mugworts. They were told to eat these, stay in a cave and pray earnestly for 100 days.

After twenty days the tiger became hungry and could no longer continue, so he left the cave in search of food. But when the 100 days were almost at an end, the bear began to lose its fur and its rear feet began to change, until at the end of the 100th day the bear had fully transformed into a beautiful woman. She became known as Ung-Yo, which means "the girl incarnated from a bear".

Hwang-Ung then married Ung-Yo, and she gave birth to a son, who they named Dan-Gun. This child gave rise to the first Korean Dynasty, called Go-Joseon.

Dan Gun is said to have built the first altar on Kang-Wha Island in 2265 B.C. This altar today is atop the island's highest peak, Muni-San, and is known as Dan-Gun's Altar. Dan-Gun lived with his wife, Pi So-Ap, and his sons, who are said to have built the fortress of Sam- Nang at Chung-Dung Island.

Dan Gun Pattern Move by Move

