



8th Kup Theory



Green: Signifies the plant's growth as Taekwondo skills begin to develop.

Dan-Gun (21 Movements): Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

Three-step sparring (*Sambo matsoki*): Is practised to improve focus, distance, and timing.

Punches (*Jirugi*) **and strikes** (*Taerigi*): Can be used against hard or soft targets, their aim is to smash or pierce. This is achieved by focussing the elements of power (including breathing and dynamic twist) to a single point of execution at the end of the technique.

Thrusts (*Tulgi*): Can only be used against soft targets, their aim is to penetrate into the target area. This is achieved using 'sharp' attacking tools, in tension throughout execution, so the technique is effective anywhere along the line of attack.

Korean numerical system: Is base 10, as in most modern systems. As in English, two digit numbers are named by following the number of 'tens' with the number of 'units'. e.g. **11**: *Yul hana*, **27**: *Sumul ilgop*

Inward: *Anuro*

Outward: *Bakuro*

Fingertip: *Sonkut*

Backfist: *Dung joomuk*

Ball of the foot: *Ap kumchi*

Footsword: *Balkal*

Ten : *Yul*

Twenty : *Sumul*

Thirty : *Surhun*

Fourty : *Mahun*

Fifty : *Swin*

Sixty : *Yesun*

Seventy : *Ilhun*

Eighty : *Yeodun*

Ninety : *Ahun*

One hundred : *On*

Outer forearm high block: *Bakat palmok kaunde makgi*

Straight fingertip thrust: *Sun sonkut tulgi*

High backfist side strike: *Nopunde dung joomuk yop taerigi*

Front snap kick: *Ap cha busigi*

High outer forearm wedging block: *Nopunde bakat palmok hechyo makgi*

Side piercing kick: *Yop cha jirugi*

Twin forearm block: *Sang palmok makgi*

Outer forearm inward block: *Bakat palmok anuro makgi*