

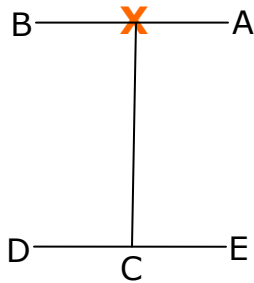
Meaning of Belt Color

Orange Belt, 7th gup

The color orange signifies the changes of autumn, as the student's mind and body begin to change as a result of the new Tae Kwon Do experience.

Form(s):

- Dan-Gun



Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Movements: 21

Ready Posture: Parallel Ready Stance

The illustration for this pattern assumes that the student is standing on line AB at X facing C

1. Turn 90 degrees to the left (toward A) forming a left back-stance while executing a left double knife-hand block.
2. Step forward with the right foot (toward A) forming a right front-stance while executing a high-section punch with the right fist.
3. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a right double knife-hand block.
4. Step forward with the left foot (toward B) forming a left front-stance while executing a high-section punch with the left fist.
5. Turn 90 degrees to the left (toward C) forming a left front-stance while executing a down-block with the left forearm.
6. Step forward with the right foot (toward C) forming a right front-stance while executing a high-section punch with the right fist.
7. Step forward with the left foot (toward C) forming a left front-stance while executing a high-section punch with the left fist.
8. Step forward with the right foot (toward C) forming a right front-stance while executing a high-section punch with the right fist. Ki-hop once the punch has been performed.
9. Turn 270 degrees to the left (toward D, counterclockwise) forming a left back-stance while executing a left twin forearm block.

10. Step forward with the right leg (toward D) forming a right front-stance while executing a high-section punch with the right fist.
 11. Turn 180 degrees to the right (toward E) forming a right back-stance while executing a right twin forearm block.
 12. Step forward with the left foot (toward E) forming a left front-stance while executing high-section punch with the left fist.
 13. Turn 90 degrees to the left (toward X) forming a left front-stance while executing a down-block with the left forearm.
 14. Stay in the current stance (facing X) while executing a high-section rising-block with the left forearm. Perform 13 and 14 in a continuous motion.
 15. Step forward with the right foot (toward X) forming a right front-stance while executing a high-section rising-block with the right forearm.
 16. Step forward with the left foot (toward X) forming a left front-stance while executing a high-section rising-block with the left forearm.
 17. Step forward with the right foot (toward X) forming a right front-stance while executing a high-section rising-block with the right forearm. Ki-hop once the high-section rising-block is performed.
 18. Turn 270 degrees to the left (toward A, counterclockwise) forming a left back-stance while executing a left knife-hand strike.
 19. Step forward with the right foot (toward A) forming a right front-stance while executing a high-section punch with the right fist.
 20. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a right knife-hand strike.
 21. Step forward with the left foot (toward B) forming a left front-stance while executing a high-section punch with the left fist.
- END: Bring the left foot back to a ready posture.

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Il Bo Teryon-7th gup

자 단계 치고 받기

13. Knife hand block from inside to outside with the same side hand as the opponent's punch while stepping into a horse-riding stance, grab the opponent's wrist and pull them towards you, step forward with a knife hand strike to the carotid artery
14. Side kick with the opposite side leg as the punch landing in a horse-riding stance near the side of your opponent (perpendicular to the direction of your opponent), knife hand strike to the solar plexus and then to the face after stepping to the outside of the opponent's punch, turn with the front leg of the stance (picking it up and turning) and perform a knife hand parry to the opponent's punch to the outside of the target area while forming a back-stance, round kick off of the back leg
15. Side kick with the opposite side leg as the punch landing in a horse-riding stance at the side of your opponent (perpendicular to the direction of your opponent), hammer-fist to the ribs of the opponent, pivot (spin) keeping your feet at the same place, knife hand strike to the

solar plexus while blocking the opponent's hand after the strike, step around forming a back-stance, round kick with the back leg

16. Round kick with the opposite side leg as the punch to the face, step down, then perform a spin side kick to the solar plexus with the other leg.

17. Middle-section forearm block with the opposite side hand as the punch while stepping in front of your opponent in a horse-riding stance, perform an elbow strike to the solar plexus, back fist to the face

Wrist Escapes

1. Grab same side hand, push hand past opponent's head

2. Grab same side hand, circle outside of the target area then across the body

3. Grab same side hand, circle inwards in the target area then back near your head (essentially a salute)

Free Sparring