

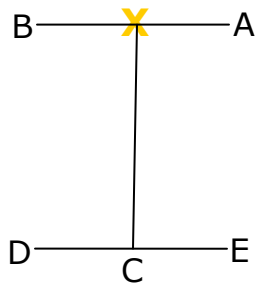
Meaning of Belt Color

Yellow Belt, 8th gup

Signifies the earth from which a plant sprouts and takes root as the foundation of Tae kwon Do is being laid.

Form(s):

- Bo-Chun



Meaning: Loyalty (Revitalization – To renew ones beliefs and commitments to the art of Tae Kwon-Do and life.)

This form is only performed by students or former students of Grand Master In Mook Kim from the American Chung-Do Kwan Tae Kwon-Do Association. It was felt that another form was needed for the 8th Gup (Grade) Orange Belt so he designed this form for those students. Formerly the 8th Gup and 7th Gup Orange Belt both did the same form (Dan Gun), this new form gave those students additional movements to learn and practice before moving on to the Green Belt forms.

Movements: 20

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 front-stance (=left foot forward) while executing a down-block with the left forearm.
2. Step forward with the right foot (toward A) forming a right front-stance (=right foot forward) while executing a middle-section punch with the right fist.
3. Turn 180 degrees to the right (toward B) forming a right front-stance while executing a down-block with the right forearm.
4. Step forward with the left foot (toward B) forming a left front-stance while executing a middle 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 left foot (toward C) forming a left front-stance while executing a high-section punch with the left fist.

7. Step forward with the right foot (toward C) forming a right front-stance while executing a high-section punch with the right fist.
8. Step forward with the left foot (toward C) forming a left front-stance while executing a high-section punch with the left fist. Ki-hop once the punch has been executed.
9. Turn 270 degrees to the left (toward D) forming a left back-stance (=left leg forward) while executing a side-block with the right forearm.
10. Execute a middle-section front snap kick (toward D) with the right leg followed by a middle section punch with a right fist, stepping into a right front-stance.
11. Turn 180 degrees to the right (toward E) forming a right back-stance while executing a side-block with the right forearm.
12. Execute a middle-section front snap kick (toward E) with the left leg followed by a middle section punch with the left fist, stepping into a left front-stance.
13. Turn 90 degrees to the left (toward X) forming a left front-stance while executing a down-block with the left forearm.
14. Step forward with the right foot (toward X) forming a right front-stance while executing a high-section punch with the right fist.
15. Step forward with the left foot (toward X) forming a left front-stance while executing a high-section punch with the left fist.
16. Step forward with the right foot (toward X) forming a right front-stance while executing a high-section punch with the right fist. Ki-hop once the punch has been performed.
17. Turn 270 degrees to the left (toward A) forming a left back-stance while executing a double knife-hand block (left hand forward).
18. Step forward with the right foot (toward A) forming a right front-stance while executing a middle-section punch with the right fist.
19. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a double knife-hand block (right hand forward).
20. Step forward with the left foot (toward B) forming a left front-stance while executing a middle-section punch with the left fist.

END: Move left foot back into Chun-Bi

Il Bo Teryon-8th gup

자 단계 치고 받기

8. Crescent kick with the same side leg as the punch (kicking the punch away), round kick with the other leg to the face
9. Side kick with the opposite side leg as the punch, step past opponent forming a horse-riding stance, 2 knife hand strikes (strikes just like previous one-step)
10. Knife hand block from inside to outside with the same side hand as the opponent's punch, simultaneously punch to the solar plexus
11. Drop (axe) kick with the opposite side leg as the punch, immediate side kick with the same leg after stepping down
12. Knife hand block from inside to outside with the same side hand as the opponent's punch, punch to the opponent's face

Break Falls/ Rolls

3. Front Fall
4. Front Roll