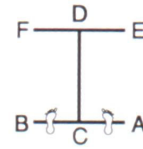


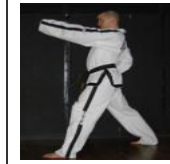
L.T.S.I. 8TH KUP SYLLABUS



DAN-GUN
Movements - 21
Ready Posture - PARALLEL READY STANCE



1. 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 forming 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. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
 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 the left forearm, maintaining the 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 the 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 the 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.



Physical Performance:					
Movements Forward	Front snap kick from a parallel ready stance beginning with the right foot, followed by middle section obverse/reverse punches whilst forming a walking stance. Use knee spring on the reverse punch.				
Backward	Move backwards executing low block then rising block with the same hand in walking stance.				
All Tuls	Dan Gun Tul - Chon-Ji Tul - Saju Jirugi – Saju Makgi				
Three step sparring					
Three step sparring: Sambo Matsogi Format:					
a)	<p>Attacker. Take measurement by forming a right walking stance with right foot alongside the left foot of the defender. Note: Measuring for Safe Distance procedure. Move the right leg back into a left walking stance (while maintaining position with the left foot) using a outer forearm low section outward block.</p> <p>This will be the ready posture for all 3 step sparring attacks.</p> <p>Shout warning, await reply and then advance 3 times using middle section obverse punches. Pull forward into a parallel ready stance.</p> <p>Above procedure (with the exception of the measuring up) to be repeated on every attacking sequence.</p>				
b)	<p>Defender Move the left foot into a parallel ready stance.</p> <p>This will be the ready posture for all 3 step sparring defence.</p> <p>Reply to the attackers shout.</p>				
Rules of Sambo Matsoki					
Attacker	<ul style="list-style-type: none"> Always deliver punches to solar plexus of partner Use walking stance correctly and insure knee on back leg is locked 				
Defender	<ul style="list-style-type: none"> Only use blocks up to current grade Only one particular block is to be used per three attacks It is advisable that stances known are used on all three step when countering One counter should be used using vital points of body For L.T.S.I. exams, all of body can be used On all counters use correct tools (i.e. on turning kick, ball of foot must be used) 				
NOTE: A Shout (Kihup) MUST coincide with the delivery of the final of all counter attacking movements by the defender.					
Theory:					
1	Dan Gun: (21 movements) Named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.				
2	Ready posture for Dan-Gun: Narani Junbi Sogi				
3	Four blocks used in Dan-Gun: knifehand Middle section guarding block: Sonkal Kaunde Daebi Makgi. outer forearm Low section block: Bakat Palmok Najunde Makgi. Twin forearm block: Sang Palmok Makgi. Outer forearm rising block: Bakat Palmok Chookyo Makgi.				
4	All nine punches in Dan-Gun are High section (Nopunde), eye level.				
5	Inside block: An Makgi : Defined as any block which exposes the inside of the opponent's body to counter attack. Outside block: Bakat Makgi : Defined as any block which exposes the outside of the opponent's body to counter attack.				
6	Must be able to describe and demonstrate all movements in Dan-Gun e.g. 1st Movement: Orun Niunja So, Sonkal Kaunde Daebi Makgi. 2nd last movement: Wen Niunja So, Sonkal Kaunde Bakuro Taerigi. Last Movement: Wen Gunnun So, Ap Joomok Nopunde Baro Jirugi.				
7	Three Step sparring: Sambo Matsoki				
8	Free Sparring: Jayoo Matsoki				
9	Saju Makgi: Forward Direction Block				
10	<table> <tr> <td>Back fist: Dung Joomok</td> <td>Knife Hand: Sonkal.</td> <td>Elbow: Palkup.</td> <td>Strike: Taerigi.</td> </tr> </table>	Back fist: Dung Joomok	Knife Hand: Sonkal.	Elbow: Palkup.	Strike: Taerigi.
Back fist: Dung Joomok	Knife Hand: Sonkal.	Elbow: Palkup.	Strike: Taerigi.		
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Vital Points

The vital points of the body are listed below. A vital point is a part of the body that, when attacked in the right way (force, angle, accuracy), can cause paralysis, unconsciousness or even death. Attacks to nerves can lead to nausea, headaches or worse.

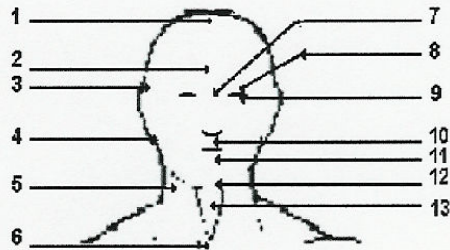
This information should only be used to increase your knowledge of the body and of Taekwondo, it is not meant to be used without the supervision of a qualified instructor.

The impact on vital points is indicated by numbers as followed:

1. Moderate pain
2. Sharp pain
3. Severe pain
4. Unconsciousness or temporary paralysis
5. Fatal

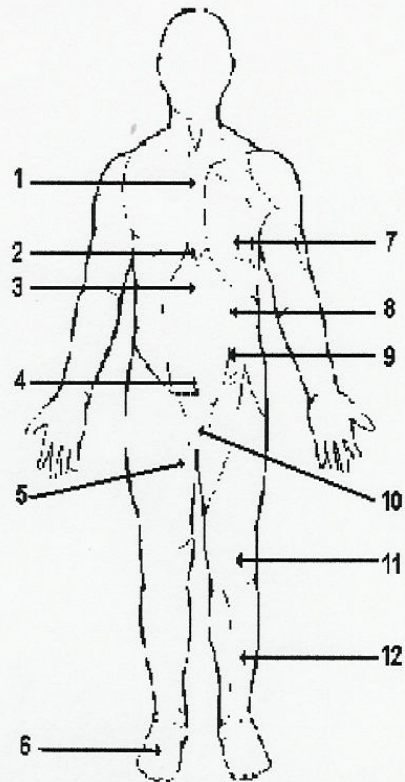
The body has about 280 vital points so this list is far from complete

The front of the head



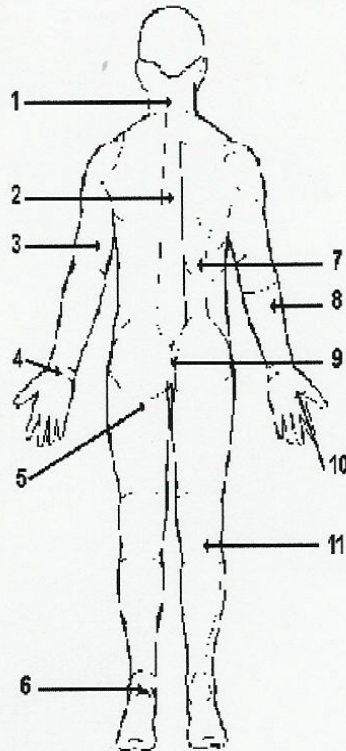
Number	Description	Result of light impact	Result of full-power attack
1	Top of head	2	4
2	Forehead	2	4
3	Temple	3	5
4	Cheekbone	2	4
5	Neck artery	3	5
6	Cervical trachea	3	5
7	Glabella	2	4
8	Intraocular pressure	2	4
9	Eyeball	2/3	4/5
10	Philtrum	1/2	3/4
11	Jaw	2	4
12	Chin	2	4
13	Adam's apple	3	5

The front of the body



Number	Description	Result of light impact	Result of full-power attack
1	Center of the torax	2	4
2	Lower end of sternum	3	5
3	Solar plexus	3	5
4	Center of abdomen	2	4
5	Inner thigh	2	4
6	Center of instep	2	4
7	Brest	1	3
8	Thorax flank	2	4
9	Flank pit of waist	2	4
10	Groin	3	5
11	Upper knee-edge	2	4
12	Shin	1	3

The back of the body



Number	Description	Result of light impact	Result of full-power attack
1	Back of the neck	3	5
2	(several parts of) backbone	3	5
3	Outside of upper arm	1	4
4	Outerwrist	1	3
5	Hipnerve	2	4
6	Achilles heel	2	4
7	Kidneys	2	4
8	Elbow (just below)	1	3
9	Coccyx	2	4/5
10	Pit of thumb and first-finger	2	4
11	Kneepit	1	3