

# PEEWEE DEVELOPMENT PROGRAMME

8<sup>th</sup> Gup



8<sup>th</sup> Gup (A)

## TECHNIQUES

All techniques are performed going forward 4 times and backward 4 times

1. Walking Stance Outer Forearm Rising Block
2. L-Stance Middle Outward Knife-hand Strike
3. L-Stance Twin Forearm Block
4. Walking Stance High Obverse Punch

## PATTERN

(See website: <http://itkdc.com/patterns/dan-gun/> for full pattern info)

1. Dan-Gun Tul
2. 4 Direction Side Piercing Kick
3. 4 Direction Turning Kick

## LEG PLACEMENT

Moving Forward 4 Times

1. Front Snap Kick, hold the count for 3. (Hana, Dool, Set)

## PAD WORK

1. Double Side Piercing Kick, both feet
2. Front Snap Kick, Side Piercing Kick, both feet

## SPARRING

1. Free Sparring, light contact

## QUESTIONS

1. What is “L-Stance” in Korean ?
2. What is “Side Piercing Kick” in Korean ?
3. What is “Knifehand” in Korean ?
4. What is “Twin Forearm Block” in Korean ?
5. How many moves are in Dan-Gun ?
6. What does Dan-Gun Mean ?

## ANSWERS

Ninja Sogi  
Yop Cha Jurigi  
Sonkal  
Sang Palmok Makgi  
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Dan Gun : Dan Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.