

## REVISION NOTES

**1. GENERAL TERMS**

Inward	ANAERO
Outward	BAKAERO

**2. PARTS OF THE BODY**

Palm	SONBADAK
Knifehand	SONKAL
Backfist	DUNG JOOMUK

**3. BASIC MOVEMENTS****1. DEFENSIVE**

Knife hand	
Guarding block	SONKAL DAEBI MAKGI
Twin forearm block	SANG PALMOK MAKGI

**2. OFFENSIVE**

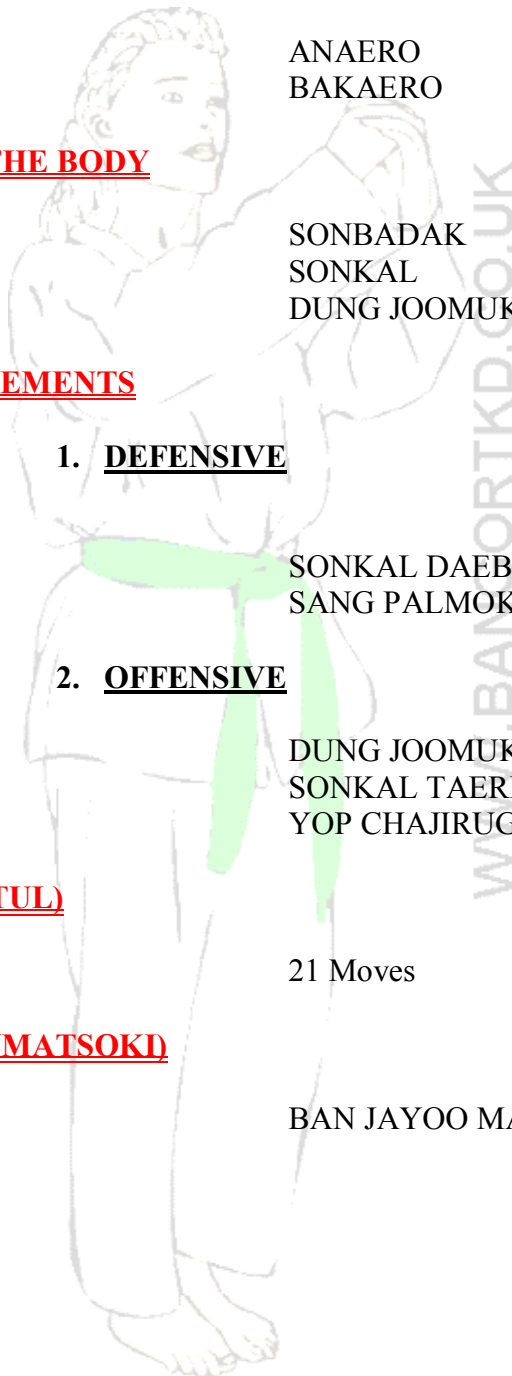
Back fist strike	DUNG JOOMUK TAERIGI
Knife hand strike	SONKAL TAERIGI
Side piercing kick	YOP CHAJIRUGI

**4. PATTERN (TUL)**

DAN GUN	21 Moves
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**5. SPARRING (MATSOKI)**

Semi Free Sparring	BAN JAYOO MATSOKI
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## REVISION NOTES

Three step sparring

THE ATTACKERS CHUNBI POSITION IS RIGHT LEG BACK NAJUNDE BAKAT PALMOK MAKGI IN A GUNNUN SOGI.

THE DEFENDERS CHUNBI POSITION IS NARANI CHUMBI SOGI.

	Defence	Attack	Counter Attack
1	Right leg back inner forearm block 3 times (Walking Stance)	Three punches in walking stance	Reverse punch
2	Left leg back inner forearm block 3 times (L stance)	Three punches in walking stance	Step into a left L stance knife hand strike
3	Left leg back outer forearm inward block 3 times (L stance)	Three punches in walking stance	Sliding forward back fist to the face
4	Left leg back inner forearm block 3 times (L stance)	Three punches in walking stance	Move left leg into a sitting stance L measure and double punch
5	Right leg back outer forearm block 2 times (L stance)	Three punches in walking stance	Move right leg sitting stance left outer forward block high section punch (right)
6	Right leg back knifehand block 2 times (L stance)	Three punches in walking stance	Move right leg sitting stance left knife-hand block high section knife-hand to the neck (right)
7	Right leg back outer forearm block 2 times (L stance)	Three punches in walking stance	Slide back right at 45 guarding block right front kick double punch (walking stance)
8	Right leg back knifehand block 2 times (L stance)	Three punches in walking stance	Slide back right at 45 knifehand guarding block right side kick knife-hand strike to the neck (L stance)
9	Right leg back inward palm block 3 times (L stance)	Three punches in walking stance	Slide back at 45 angle into L stance right Turning kick stepping over front leg into vertical stance downward knife-hand strike
10	Right leg back knife-hand blocks 2 times (L stance)	Three punches in walking stance	Move right to left push back at 45 into a knife hand guarding block spin round right side kick landing in right walking stance reverse knife-hand to the philtrum

## REVISION NOTES

PATTERN DAN-GUN

NUMBER OF MOVEMENTS 21

DIAGRAM

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STEP MOVE		STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	To Left	R Niunja	Kaunde Sonkal Daebi Makgi
2	Fwd	R Gunnun	Nopunde Baro Jirugi
3	180 Turn	L Niunja	Kaunde Sonkal Daebi Makgi
4	Fwd	L Gunnun	Nopunde Baro Jirugi
5	L90	L Gunnun	Najunde Bakat Palmok Makgi
6	Fwd	R Gunnun	Nopunde Baro Jirugi
7	Fwd	L Gunnun	Nopunde Baro Jirugi
8	Fwd	R Gunnun	Nopunde Baro Jirugi
9	270 Turn	R Niunja	Sang Palmok Makgi
10	Fwd	R Gunnun	Nopunde Baro Jirugi
11	180 Turn	L Niunja	Sang Palmok Makgi
12	Fwd	L Gunnun	Nopunde Baro Jirugi
13	L 90	L Gunnun	Najunde Bakat Palmok Makgi
14	-	L Gunnun	Chookyo Makgi
15	Fwd	R Gunnun	Chookyo Makgi
16	Fwd	L Gunnun	Chookyo Makgi
17	Fwd	R Gunnun	Chookyo Makgi
18	180 Turn	R Niunja	Kaunde Sonkal Taerigi
19	Fwd	R Gunnun	Nopunde Baro Jirugi
20	180 Turn	L Niunja	Kaunde Sonkal Taerigi
21	Fwd	L Gunnun	Nopunde Baro Jirugi