

MASTER  
CLIVE HARRISON'S



FAMILY  
TAE KWON-DO

예의    염치    인내    극기    백절불굴

Courtesy    Integrity    Perseverance    Self Control    Indomitable Spirit



## 8<sup>th</sup> Kup Theory

### **Dan-Gun Tul 21 moves**

Dan Gun is named after the holy Dan Gun the legendary founder of Korea in the year 2333 BC.

**Green Belt**    Signifies the growth of the plant as Tae Kwon Do skills begin to develop.

### **Blocks**

Twin Forearm Block	Sang Palmok Makgi
Forearm Guarding Block	Palmok Daebi Makgi
Knife Hand Guarding Block	Sonkal Daebi Makgi

### **Hand Techniques**

Strike	Taerigi
Downward Back Fist Strike	Naeryo Dung Joomuk Taerigi

### **Kicks**

Front Rising Kick	Apcha Olligi
Side Kick	Yop Chagi
Crescent Kick	Bandal Chagi