



# Cassie Oury's Children's School of Tae Kwon-Do



Instructor Cassie Oury

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## Grading Requirements

8<sup>th</sup> Kup (Yellow Belt) to 7<sup>th</sup> Kup (Green Tag)

### Theory

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid.

Green represents the plant's growth as the training in Tae Kwon-do progresses.

Dan Gun (21 movements) is named after the holy Dan Gun, legendary founder of Korea in the year 2333 BC.

Inward Sparring 3-step sparring	Anaero Matsoki Sambo matsoki	Inward-moving outer-forearm block	Anaero bakat palmok maki
Vertical stance	Soojik sogi	Twin outer-forearm block Forearm guarding block	Sang bakat palmok maki Palmok daebi maki

### Practice

Line work – combinations

Stepping backwards - twin outer-forearm block  
Stepping forwards - front-kick, double-punch  
Stepping backwards - L-stance, inward-moving outer-forearm block  
Stepping forwards - turning kick, forearm guarding block

3-step sparring (1-4)

**Dan Gun**