

YELLOW BELT to GREEN STRIPE

PATTERN:

DAN GUN TUL

SELF-DEFENSE:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

ONE STEP SPARRING:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

KICKING COMBINATIONS:

Lead leg side piercing kick, knife hand strike, middle section punch, front turning kick, knife hand guarding block.

FREE SPARRING:

Against 1 Partner (NO CONTACT)

BREAKING:

Lead leg side piercing kick

QUESTIONS:

You will be required to answer the following:

1. What is the history of the United States Taekwon-Do Center (USTC)?

Mario Cancelliere was born in the province of Isernia-Molice, Italy on November 2, 1947. At the age of two, his family immigrated to Buenos Aires, Argentina. Growing up in one of the roughest neighborhoods in Bs. As., he was constantly defending himself. He took up boxing and wrestling with the hope of learning how to defend himself. He was not satisfied with either and eventually abandoned them. One day, he inadvertently stumbled into a martial arts school and was attracted to the mental and physical training that he saw. Soon after, he enrolled in a Taekwon-Do class.

Under the tutelage of Master Bong Pil Yang, Mr. Cancelliere earned his 1st degree Black Belt. He continued his training under the guidance of Master Hector O. Marano and in 1982 opened the first Cancelliere Tkd Studio in Buenos Aires, Argentina.

The following year, Mr. Cancelliere moved to Philadelphia and opened the second Cancelliere Tkd Studio at 4665 Frankford Avenue. In 1986, the studio officially became known as the UNITED STATES TAEKWON-DO CENTER.

Under the guidance of the USTC, the name RED TIGER TKD was coined in September 1992. Since then, various RED TIGER TKD do jangs have been established primarily in the Philadelphia area and other Pennsylvania locations. Headed by Mr. Mario Cancelliere and with the aid of his family and senior students, the United States Taekwon-Do Center aims to promote Taekwon-Do through the teaching of his tenets.

2. What is the meaning of DAN-GUN?

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

3. How many movements are in DAN-GUN?

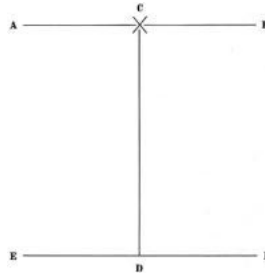
21 movements

DAN GUN

Movements – 21

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.



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 turning clockwise to form 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 block 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.



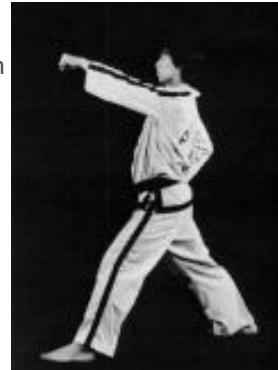
19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.



20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a 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 fist.



END: Bring the left foot back to a ready posture.

