



YELLOW BELT & GREEN TAG THEORY

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

Do-San (24 movements) is the pseudonym for the patriot Ahn Chang-Ho (1876 - 1938). The 24 movements in this pattern represent his entire life, which he devoted to furthering the education of Korea and its independence movement.

KOREAN TERMINOLOGY

STANCES

Attention Stance	Charyot Sogi
Parallel Stance	Narani Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi
L Stance	Niunja Sogi

ATTACKING / BLOCKING TOOLS

Forefist	Ap Joomuk
Knifehand	Sonkal
Foot Sword	Balkal
Ball of the Foot	Ap Kumchi

LEVELS

High	Nopun De
Middle	Kaun De
Low	Najun De

YELLOW BELT represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.