

# MANDHIR SINGH BOLLA'S SCHOOL OF TAE KWONDO

**GREEN TAG** (Third Grading)

**DAN GUN 21 MOVES**

**Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333BC**

**GREEN. Signifies the plants growth as Tae Kwondo skills begin to develop**

**1. Kaude sonkal daebi makgi**

*Middle knifehand guarding block*

**2. Nopunde baro jirugi**

*High obverse punch*

3. Kaude sonkal daebi makgi

4. Nopunde baro jirugi

**5. Najunde bakat palmok makgi**

*Low outer forearm block*

6. Nopunde baro jirugi

7. Nopunde baro jirugi

8. Nopunde baro jirugi

**9. Sang palmok makgi**

*Twin forearm block*

10. Nopunde baro jirugi

11. Sang palmok makgi

12. Nopunde baro jirugi

13. Najunde bakat palmok makgi

**14. Chookyo makgi**

*Rising block*

15. Chookyo makgi

16. Chookyo makgi

17. Chookyo makgi

**18. Kaude sonkal taerigi**

*Middle knifehand strike*

19. Nopunde baro jirugi

20. Kaude sonkal taerigi

21. Nopunde baro jirugi

**3 STEP SPARING. Moves 1-4.**

*Sambo matsoki*