

GREEN BELT – 6th KUP

THEORY

Won-Hyo - was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

No. of movements = 28

Diagram =



A Green Belt signifies the plant's growth as Taekwon-Do skills begin to develop.

TERMINOLOGY

- | | | |
|------------------------------|---|---------------------------|
| Close ready Stance Type A | ▪ | Moa Junbi Sogi A |
| Fixed Stance | ▪ | Gojung Sogi |
| Bending Ready Stance Type A | ▪ | Guburyo Junbi Sogi A |
| Upper Elbow Strike | ▪ | Wi Palkup Taerigi |
| Crescent Kick | ▪ | Bandal Chagi |
| Hooking Kick | ▪ | Golcho Chagi |
| Side Sole | ▪ | Yop Bal Badak |
| Side Instep | ▪ | Yop Baldung |
| Outward Waist Block | ▪ | Bakuro Hori Makgi |
| Knee Upward Kick | ▪ | Moorup Ollyo Chagi |
| Side Fist Downward Strike | ▪ | Yop Joomok Naeryo Taerigi |
| Outer Forearm Outward Block | ▪ | Bakat Palmok Bakuro Makgi |
| Palm Hooking Block | ▪ | Sonbadak Golcho Makgi |
| Outer Forearm Downward Block | ▪ | Bakat Palmok Naeryo Makgi |
| 2 Step Sparring | ▪ | Ibo Matsogi |
| Free Sparring | ▪ | Jayoo Matsogi |

GRADING SYLLABUS

BASIC TECHNIQUES

- | | |
|---|--------------|
| 1) L-Stance Backfist Side Strike,
Walking Stance Downward Release, High Punch | Forward x 4 |
| 2) L Stance Knifehand Middle Guarding Block,
Walking Stance Upper Elbow Strike | Backward x 4 |
| 3) (Rear Leg) Crescent Kick, Side Kick | Forward x 4 |
| 4) (Front Leg) Hooking Kick, (Rear Leg) Turning Kick | Forward x 4 |

PATTERNS

Chon Ji Tul or Dan Gun Tul
Do San Tul
Won Hyo Tul

SPARRING

2 Step Sparring
Free Sparring

SELF DEFENCE

2 prearranged wrist hold releases:
1) 2 handed hold – Outward release
2) 1 handed hold – Downward release

POWER TEST

Left Side Kick (1 Board, or Kick shield for under 16's)
Right Side Kick (1 Board, or Kick shield for under 16's)

THEORY