



Grading information for: 6 KUP

Blue belt – Signifies the sky, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses

TWO STEP SPARRING

IBO MATSOKI

Pattern:

WON HYO

(28 Movements)

WON HYO was the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.

STANCES

Closed Ready Stance A

MOA JUMBI SOGI

'L' Stance

NIUNJA SOGI

Fixed Stance

GOJUNG SOGI

Bending Ready Stance

GUBURYO SOGI

Walking Stance

GUNNAN SOGI

BLOCKS

Twin Outer Forearm Block

SANG BAKAT PALMOK MAKGI

Knife Hand Guarding Block

SONKAL DAEBI MAKGI

Circular Block

DOLLIMYO MAKGI

Forearm Guarding Block

PALMOK DAEBI MAKGI

ATTACKS

Inward Knife Hand Strike

ANUURO SONKAL TAERIGI

Side Fore fist Punch

AP JOOMAK YOP JIRUGI

Middle Straight Fingertip Thrust

KAUNDE SUN SONKUT TULGI

Middle Reverse Punch

KAUNDE BANDEA JIRUGI

Middle Side Piercing Kick

KAUNDE YOP CHA BUSIGI

Low Front Snap Kick

NAJUNDE AP CHA BUSIGI

OTHER THEORY

FREE SPARRING

JAYOO MATSOKI

BLOCKS

Waist Block

HORI MAKGI

X Fist Pressing Block

KYOCHA JOOMUK NOOLLO MAKGI

Upward Palm Block

SONBADAK OLLYO MAKGI

ATTACKS

Upset Punch

DWIJIBO JIRUGI

Twin Vertical Punch

SANG SEWO JIRUGI

Side Elbow Strike

YOP PALKUP TAERIGI

Knee Strike

MOORUP TAERIGI

KICKS

Axe Kick

NAERYO CHAGI

Reverse Side Kick

BANDEA YOP CHAGI

Reverse Turning Kick

BANDEA DOLLYO CHAGI