

South Midlands Tae Kwon-Do

GRADING INFORMATION – 6th KUP / GREEN BELT

Practical Grading Required

Pattern - **Won Hyo**

Examiner's Choice Pattern

3 Step Sparring (8 9 10)

3 Step Semi Free Sparring (Basic)

Free Sparring

Theory Study Required

Interpretation of Won Hyo

Won Hyo, 28 movement pattern - was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

Korean Terminology Study Required

Vertical Stance Soojik sogi

Closed ready stance 'A' Moa junbi sogi 'A'

Bending ready stance 'A' Goburyo junbi sogi 'A'

Fixed stance Gojung sogi

Forearm circular block Palmok dollimyo makgi

Palm pushing block Sonbadak miro makgi

Side punch Yop jirugi

Reverse knife-hand strike Sonkal dung taerigi

Flat fingertip thrust Opun sonkut tulgi

Side piercing kick Yopcha jirugi

Reverse turning kick Bandae dollyo chagi

Free sparring Jayoo matsoki

Semi free sparring Ban jayoo matsoki

Back heel Dwit chook

Back sole Dwit kumchi

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)