

6th Kup - Green Belt Study Sheet



Blue signifies the Heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses.



Parts of Body

- | | |
|-----------|--------------|
| Elbow | - Palkup |
| Knee | - Moorup |
| Side sole | - Yop Bal |
| | Badak |
| Reverse | - Bakal Dung |
| Footsword | |
| Sole | - Kumchi |

Stance – Sogi

- | | |
|---------------|-------------|
| X-stance | - Kyocha |
| Close | - Moa |
| Close Ready | - Moa Junbi |
| Bending Ready | - Guburyo |
| | Junbi |

Misc. Technical

- | | |
|--|--------------------------------|
| Knee Kick | - Moorup chagi |
| Crescent Kick | - Bandal chagi |
| Hooking Kick (defensive) | - Golcho chagi |
| Reverse turning hooking kick | - Bandae dollyo goro chagi |
| Palm hooking block | - Sonbadak golcho makgi |
| Twin knife hand block | - Sang sonkal makgi |
| Reverse knife hand block | - Sonkal dung makgi |
| X-Fist pressing block | - Kyocha joomuk noollo makgi |
| Double forearm block | - Doo palmok makgi |
| Front elbow strike | - Ap palkup Taerigi |
| Upper elbow strike | - Wi palkup Taerigi |
| Side elbow thrust | - Yop palkup tulgi |
| Reverse knife hand inward front strike | - Sonkal dung anuro ap taerigi |
| Angle punch | - Giokja jirugi |

Measurements of Stance

X-stance - is where you cross one foot either over or behind the other, touching the ground slightly with the ball of the foot. The body weight is on the stationary foot. When the weight is on the right foot it is called a right X-stance and so on.

Close/close ready stance – feet are together.

Bending ready stance A – this serves as a preparatory stance for side and back kicks. When standing on the right leg it is a right bending stance and so on.

6th Kup Pattern: **Won-Hyo** **(28 Movements)**

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

Notes on Won-Hyo: The name Won-Hyo means “dawn”. He was aged 70 years old when he died. In 1981 the Won-Hyo Bridge, spanning the Han River in South Korea, was completed.

Three Step Sparring **(Sambo Matsoki)** **Number 6 & 7**

Attack – always 3 mid-section obverse punches in walking stance

1. Face partner, attention and bow.
2. Measure up to your partner, right foot back into walking stance, low block.
3. When signalled step forward in walking stance high section obverse punch 3 times.

Defence as below

6. Right leg back, right 'L' stance middle outer knife-hand block to the inside two times. On the third move, slip right foot to form a sitting stance in 45° to attacker. Simultaneously with the third block, execute a right high inwards knife-hand strike to the Attacker's side of his neck.

7. Right leg back, right 'L' stance middle outer knife-hand block to the inside two times. On the third move, slide back at 45° angle to the right, forming an 'L' stance and executing a middle section knife-hand guarding block. Perform a right front snap-kick and high obverse then reverse punch in walking stance. The target for the front kick is the Attacker's solar plexus and the punches on the Attacker's chin.

Note

You will also be required to perform 3 step sparring (1 to 5) for this grading - refer to your last worksheets.

Two Step Sparring (Ibo Matsoki) 1&2

Starting position

Right leg back L-stance, Forearm Guarding block for Attacker and Narani Junbi Sogi for Defender.

1.

ATTACK High punch (right Walking stance), then execute leg front snap kick from rear leg (finishing in left Walking ready stance).

DEFENCE Left leg back (into right Walking stance), outer forearm rising block, right leg back (into left Walking stance), 'X' fist pressing block.

COUNTER Twin-fist vertical punch.

2.

ATTACK Side punch (right leg forward into right Fixed stance), then execute a left turning kick from rear leg (finishing in right L-stance with hands in guarding position).

DEFENCE Right leg back (into right 'L' stance), palm upward block, left leg back (into left 'L' stance), outward waist block with right outer forearm.

COUNTER Slide forward (into right 'L' stance), right side elbow thrust.

Self-defence Techniques (Hosin Sul) No 5. Double collar hold + previous.

Pad Work (Byogae)

Measure Kick using Side Kick and possible other kicks.