



GREEN BELT - 6 th KUP GRADE (FOR BLUE TAG BELT)

PRACTICAL TEST

PATTERNS

- **Won-Hyo Tul** (28 Movements)
- **Do-san Tul** (24 Movements)
- **Dan-Gun Tul** (21 Movements)
- **Chon-Ji Tul** (19 Movements)

Won-Hyo was the noted monk who introduced Buddhism to the silla Dynasty in the year 686 AD.

BASIC HAND TECHNIQUES

Close leg Ready Stance A - Moa junbi sogi A

L stance Knife hand high inward strike - Niunja so sonkal nopunde anuro taerigi

Fixed stance Middle side punch - Gojung so kaunde yop jirugi

Walking stance forearm circular block - Gunnun so palmok dollimyo makgi

BASIC KICKING TECHNIQUES

COMBINATION : as from previous gradings

Spinning turning kick - Duro chagi

Reverse turning kick - Banae dollyo chagi

Hooking kick - Golchyo chagi

STEP UP KICK : Front snap kick, Side piercing kick, Turning kick, Hook kick, Back piercing kick.

THREE STEP SEMI E SPARRING (ADVANCE)

TWO STEP SPARRING (1-4)

FREE SPARRING (NON CONTACT)

SYLLABUS 6th KUP



POWER TEST : 1 inch board (side kick using the rear leg)

THEORY TEST

- Foot sparring** - Bal matsogi
- How many movements in the pattern?** - 24 movements
- The meaning of the pattern** - See the above # meaning
- Stances in Won-Hyo Tul** - Close leg stance A, L stance, Fixed stance, Walking , Bending stance.
- Offensives techniques in the pattern** - See the pattern.
- Blocks in the pattern** - Twin forearm, Knife hand, Guarding , Circular blocks
- Fixed stance** - Gojung sogi
- Closed ready stance A** - Moa junbi sogi A
- Knife hand high inward strike** - Sonkal Napunde Anuro taerigi
- Middle side punch** - Kaunde yop jirugi
- Inner forearm circular block** - Anpalmok dollimyo makgi
- Crescent kick** - Bandal chagi
- Back heel** - Dwit chook
- The meaning of green belt** - Green signifies the plant's growth as th Taekwon-Do skill begin to develop.

SYLLABUS 7th KUP