

# GRADING REQUIREMENTS FOR 6<sup>TH</sup> KUP GREEN BELTS

## WON HYO

28 MOVEMENTS

WAS THE NOTED MONK WHO INTRODUCED BUDDHISM TO THE SILLA DYNASTY IN THE YEAR 686 AD

AS PREVIOUS GRADING PLUS:-

### **PRACTICAL/FLOORWORK**

OUTER FOREARM BLOCK TO THE OUTSIDE – PUNCH/ FIXED STANCE SIDE PUNCH  
TWIN OUTER FOREARM BLOCK/ INWARD KNIFEHAND STRIKE/ PRESSING BLOCK  
KNIFE HAND WEDGING BLOCK

### LINEWORK

FIGHTING COMBINATIONS/ BLITZING/ SPINNING KICKS/ BOXING

### PATTERNS

CHON-JI TUL, DAN GUN TUL, DO SAN TUL, WON HYO TUL

### SET SPARRING

3 STEP SPARRING 1 – 10

### THREE STEP SEMI FREE SPARRING

### SELF DEFENCE

PUNCH, SHOULDER GRAB FROM BEHIND.

### **THEORY**

PATTERN MEANINGS, INSTRUCTORS, AFFILIATION, MEANING OF TAE KWON DO  
TENETS OF TAE KWON DO, COUNTING IN KOREAN, RULES OF THE DOJANG,  
KOREAN TERMINOLOGY - STANCES & KICKS