

Grading Info: 6th Kup Green Belt

For more info consult Training Manual One: Fundamental Tae Kwon-Do © available from your Instructor

Grading Syllabus for 6th Kup

Exercises

Sajo-Jirugi 1&2
 Previous patterns
 Pattern WON-HYO
 Three-step sparring number 1-7 (see p.73)
 Three-step semi-free sparring
 Two-step sparring 1 & 2 (see p.75)
 Intermediate self defence (see p.69)
 Measure with a side kick against a board
 Theory relevant to grade

Linework

Comb: Twin forearm block, inwards knife-hand strike (L-S), side punch (Fixed-S)
 Straight fingertip thrust (W-S)
 Comb: Circular block, front kick, reverse punch (W-S)
 Comb: Bending ready stance A, side kick, knifehand guarding block (L-S)
 Side kick (L-S f-arm guard)
 Basics and basic kicks (L-S f-arm guard)

Essential Korean Terms for 6th Kup

General Terms

Side	YOP
Front	AP
Back	DWIT
Straight	SON
Twin	SANG
Pressing	NOOLLO
Inwards	ANURO
Outwards	BAKURO
Upwards	OLLYO

Body Parts

Palm	SONBADAK
Elbow	PALKUP
Fingertips	SONKUT
X-fist	KYOCHA JOOMUK
Backfist	DUNG JOOMUK
Knifehand	SONKAL
Footsword	BALKAL
Foot parts	HABANSIN
Hand parts	SANGBANSIN

Stances

Closed Ready Stance	MOA CHUNBI-SOGI
Bending Ready Stance	GOBURYO-CHUNBI SOGI
Fixed Stance	GOJONG SOGI

Sparring

Three-step sparring	SAMBO MATSOKI
Three-step semi-free	BAN JAYOO MATSOKI

Blocking / Evading Techniques

Twin forearm block	SANG PALMOK MAKGI
Knifehand guarding block	SONKAL DAEBI MAKGI
Circular block	DOLLYMIO MAKGI
Forearm guarding block	PALMOK DAEBI MAKGI
X-fist pressing block	KYOCHA JOOMUK NOOLLO-MAKGI
Upward palm block	OLLYO SONBADAK MAKGI
Waist block	HORI MAKGI
Outward knifehand block	BAKURO SONKAL MAKGI
Inwards palm block	ANURO SONBADAK MAKGI
Rising block	CHOOKYO MAKGI
Wedging block	HECHYO MAKGI

Kicking Techniques

Front snap kick	AP CHABUSIGI
Turning kick	DOLLYO CHAGI
Reverse turning kick	BANDAE DOLLYO CHAGI
Side-piercing kick	YOP CHAJIRUGI
Back kick	DWIT CHAGI
Hook kick	GORO or GOLCHO CHAGI

Attacking Techniques

Inwards knifehand strike	ANURO SONKAL TAERIGI
Side punch	YOP JIRUGI
Straight fingertip thrust	SON SONKUT TULGI
Twin vertical punch	SANG SEWO JIRUGI
Side elbow thrust	YOP PALKUP TULGI
Back elbow thrust	DWIT PALKUP TULGI

Free sparring	JAYOO MATSOKI
Two-step sparring	IBO MATSOKI

Essential Grading Theory for 6th Kup

You must learn the following to be eligible to grade to 5th Kup

Belt Colours

Green: Green Belt signifies the plant's **growth** as **Tae Kwon-Do skills begin to develop**

Blue: Blue Belt signifies **Heaven**, towards which the **plant matures into a towering tree** as **training in Tae Kwon-Do progresses**

Pattern WON-HYO – 28 moves

WON-HYO was the noted **monk** who introduced **Buddhism** to the **SILLA Dynasty** in the year **686 AD**

The History of Won-Hyo:

6th Kup General Knowledge

SOL-SEDANG was born in 617 A.D. and first studied Buddhism as a young HWA-RANG warrior of the SILLA Kingdom. He took the penname WON-HYO, which means *Dawn* and became a scholar and Buddhist monk in China. He worked to convert SILLA to his own 'pure form' of Buddhism as he was worried that the various Buddhist sects would destroy each other (and not be reborn in paradise). He broke his vows after falling in love with a SILLA princess and together they had a son. As an act of redemption, he travelled to every city, village and hamlet in SILLA to preach the values of *Pure Land Buddhism* and he is accredited with the conversion of over three-quarters of the SILLA population. He is also highly regarded for his activities in relieving the poverty and suffering of ordinary people and he would often teach using song and dance and by playing a home-made instrument. The translation of the pattern meaning (above) is slightly wrong as Buddhism was introduced to SILLA in the 5th Century A.D. but did not *flourish* until WON-HYO's efforts, which continued until his death in 686 A.D. His success is attributed to his ability to translate the Chinese Buddhist texts and perform them as plays and musicals in Korean for the Korean masses.

What is a monk? A male member of a religious order under the vows of *poverty* and *chastity*.

What is Buddhism? (see p.117) A religion, although most Buddhists would call it a 'way of life' or 'the path to enlightenment', most popular in Asia based on the teachings of the Indian Prince Siddhata Gotama, the Buddha (which means *enlightened one*).

What is a Dynasty? It is a long line of hereditary rulers of the same family, group or region. For example, the SILLA Dynasty was a line of rulers of the SILLA Kingdom in southern Korea.

Why do we do 2-step starrng? 2-step teaches us the application of more advanced techniques and combinations against an opponent. The student learns to block and attack backwards as well as forwards.

Describe Closed Ready Stance Type A - Feet together. The hands are at chin level with elbows pointing out and down (45°). The right hand is a fist. The left hand is open over the right fist with the ends of the fingers resting between the knuckles and the thumb resting on the right thumb. Like Yin-Yang, the hands represent balancing forces; the closed hand is 'hard' and the open hand is 'soft'. The 'soft' encloses the 'hard', keeping it under control. Together, the 'hard' and 'soft' create balanced energy.

Describe Bending Ready Stance Type A - Standing on one leg with the supporting foot pointing to the side, the front leg is raised and pointing 90° to the side as the foot (as a footsword) rests on the knee. The hands are in the forearm guarding position. This is a guarding stance lifting the front foot from a vulnerable sweep position **not** a chamber for side kick (the leg must be chambered before kicking).

What does Circular Block defend against? It is designed to combat a fast combination of a kick to the groin (low front kick) and an attack to the sternum (punch). It can also be used as an arm lock.

Why do we measure with the kicks? Measuring ensures that students can approach the board with the correct leg and foot position. It is important to measure properly before attempting destruction.

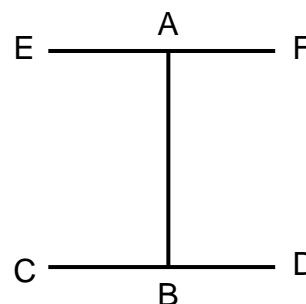
Describe fixed stance - An elongated L-Stance with 50/50 weight distribution.

Pattern 4: Won-Hyo

28 moves

Closed Ready Stance A

Start at B facing A



1. Move left foot to C
Right L-stance, twin forearm block
NIUNJA SOGI, SANG PALMOK MAKGI
2. High inwards knifehand strike (right arm),
3. bringing left fist to right shoulder
NOPUNDE ANURO SONKAL TAERIGI
4. Slide left foot to C
Left fixed stance, middle side punch (left arm)
GOJONG SOGI, KAUNDE YOP JIRUGI
5. Move left foot to right foot, then right foot to D
Left L-stance, twin forearm block
NIUNJA SOGI, SANG PALMOK MAKGI
6. High inwards knifehand strike (left arm), bringing right fist to left shoulder
NOPUNDE ANURO SONKAL TAERIGI
7. Slide right foot to D
Right fixed stance, middle side punch (right arm)
GOJONG SOGI, KAUNDE YOP JIRUGI
8. Move right foot to left foot, lift left leg to face A (side-on)
Right bending ready stance (type A)
GUBURYO CHUNBI SOGI
9. Middle side-piercing kick with the left leg to A
KAUNDE YOP CHAJIRUGI
10. Land in right L-stance, knifehand guarding block
NIUNJA SOGI, SONKAL DAEBI MAKGI
11. Move right foot to A
Left L-stance, knifehand guarding block
NIUNJA SOGI, SONKAL DAEBI MAKGI
12. Move left foot to A
Right L-stance, knifehand guarding block
NIUNJA SOGI, SONKAL DAEBI MAKGI
13. Move right foot to A
Right walking stance, straight fingertip thrust
GUNNUN SOGI, SON SONKUT TULGI
14. Move left foot anticlockwise to F
Right L-stance, twin forearm block
14. High inwards knifehand strike (right arm), bringing left fist to right shoulder
15. Slide left foot to F, left fixed stance, middle side punch (left arm)

Hints for Won-Hyo:

1. *Side punch.* When moving from L-STANCE to FIXED STANCE to perform a side punch, do not bring the front leg back. Move it straight forward to increase the speed (and thus power) of this technique. Punch from the hip.
2. *Side-piercing kick.* Bending ready stance is **not** a launch position for this kick. The leg must be lifted from the knee into the chamber position before kicking.
3. *Circular block.* The upper body and head **must** remain upright. To drop this block low, drop the shoulder and the rear hip towards the block.
4. *Front kick, reverse punch.* After the low kick (aimed at groin/belt level), try to finish the punch and the walking stance at the same time.

16. Move left foot to right foot, then right foot to E
Left L-stance, twin forearm block
NIUNJA SOGI, SANG PALMOK MAKGI
17. High inwards knifehand strike (left arm), bringing right fist to left shoulder
NOPUNDE ANURO SONKAL TAERIGI
18. Slide right foot to E
Right fixed stance, middle side punch (right arm)
GOJONG SOGI, KAUNDE YOP JIRUGI
19. Move right foot to left foot, then left foot to B
Left walking stance, circular block (right arm)
GUNNUN SOGI, DOLLYMIO MAKGI
20. Low front snap kick with the right leg towards B (keep hands as in 19)
NAJUNDE AP CHABUSIGI
21. Land in right walking stance, middle reverse punch
GUNNUN SOGI, KAUNDE BANDAE JIRUGI
22. Circular block (left arm) (maintain stance as in 21)
GUNNUN SOGI, DOLLYMIO MAKGI
23. Low front snap kick with the left leg towards B (keep hands as in 22)
NAJUNDE AP CHABUSIGI
24. Land in left walking stance, middle reverse punch
GUNNUN SOGI, KAUNDE BANDAE JIRUGI
25. Lift right leg to face B (side-on)
Left bending ready stance (type A)
GUBURYO CHUNBI SOGI
26. Middle side-piercing kick with the right leg to B
KAUNDE YOP CHAJIRUGI
27. Land right foot to left foot, then left foot anticlockwise to C
Right L-stance, middle forearm guarding block
NIUNJA SOGI, KAUNDE PALMOK DAEBI MAKGI
28. Move left foot to right foot, then right foot to D
Left L-stance, middle forearm guarding block
NIUNJA SOGI, KAUNDE PALMOK DAEBI MAKGI

Bring **right** foot back to ready stance

Three-Step Sparring 6 to 7:

Attacker starts, left walking stance, low outer forearm block - defender starts in parallel ready stance

Defence 6: Left leg back, L-stance inwards palm block (three times to the inside). Pivot anticlockwise on right leg to form a sitting stance with a left back elbow (right palm over left fist) to the solar plexus.

Defence 7: Right leg back, L-stance outward knifehand block (twice to the inside). On the third move, move the right leg to the right and back 45° into L-stance, execute a front leg front kick landing in walking stance double punch (left then right) to the sternum.

Two-Step Sparring 1 to 2:

Attacker starts, right L-stance, forearm guarding block - defender starts in parallel ready stance

Attack 1: Walking stance right high punch, left front kick to the groin.

Defence 1: Left leg back, walking stance right rising block, right leg back, walking stance X-fist pressing block, counter with a high twin vertical punch

Attack 2: Fixed stance right side punch, left middle turning kick (stomach height).

Defence 2: Right leg back, L-stance left upward palm block, left leg back, L-stance right forearm waist block, counter by sliding into right L-stance, right side elbow thrust.