



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 6TH KUP – GREEN BELT

PRACTICAL

Basics from previous Gradings
Pattern Won Hyo
3 Step Sparring (No's 8 to 10)
3 Step Semi-Free Sparring (Basic)

Combinations from Patterns
Sparring Combinations

MEANING OF COLOUR BLUE

Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

INTERPRETATION OF THE PATTERN

Won Hyo was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD. 28 moves.

NEW MOVEMENTS IN THE PATTERN

Close Ready Stance A

Moa Chunbi Sogi A

Represents the "hard" & the "soft", "yin" and "yang", opposites

Knife Hand Inward Strike
Fixed Stance

Sonkal Anuro Taerigi

Gojang Sogi

50/50 weight distribution. L shaped – one foot distance longer than an "L" stance

Bending Ready Stance A
Inner Forearm Circular Block
Middle Forearm Guarding Block

Goburyo Sogi A

An Palmok Dollimyo Makgi

Kaunde Palmok Daebi Makgi

NEW MOVEMENTS IN 3 STEP SPARRING

Palm inward Block
Vertical Stance

Sonbadak Anuro Makgi

Soo Jik Sogi

Weight back 60%, front 40% both knees straight. "L" shaped, ½ shoulder width long

Middle Turning Kick
High Reverse Knife Hand Strike

Kaunde Dollyo Chagi (*uses Ap Kumchi*)

Nopunde Sonkal Dung Taerigi (*to throat*)

Side Piercing Kick Yop Cha Jirugi
Back Piercing Kick Dwit Cha Jirugi

(There are many types of side kick / back kick, yop/dwit chagi. These are piercing kicks are among the most common).

General terms: Yop Chagi, / Dwit Chagi

NEW TERMINOLOGY

Semi Free Sparring
Free Sparring

Ban Jayoo Matsoki
Jayoo Matsoki