

School of Tae Kwon Do

TERMINOLOGY FOR GREEN BELT (6TH) KUP MEMBERS

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|----------------------------|-------------------|
| Required pattern | WON-YO |
| Number of Movements | 28 |
| Ready Position | MOA SOGI A |
| Diagram | I |

Meaning of Pattern

WON-YO was the noted monk who introduced Buddhism to the Silla Dynas in the year 686 AD.

New Movements in Pattern

Stances

Ready stance
Walking stance
L stance
Sitting stance
Fixed stance
Bending stance

Sogi

Moa sogi 'A'
Gunnun sogi
Niunja sogi
Annun sogi
Gojung sogi
Goburyo sogi

Blocks

Twin forearm block
Middle forearm guarding block
Middle knifehand guarding block
Middle circular block

Makgi

Sang palmok makgi
Kaunde palmok daebi makgi
Kaunde sonkal daebi makgi
Kaunde dolli myo makgi

Punches

Middle front forefist punch
Middle side forefist punch

Jirugi

Kaunde ap joomuk jirugi
Kaunde yop joomuk jirugi

Strikes

High inward knifehand strike
High backfist side strike

Taerigi

Nopunde anuro sonkal taerigi
Nopunde dung joomuk yop taerigi

Kicks

Side piercing kick

Chagi

Yop cha jirugi

End: Bring left foot back to ready stance

Significance of Green Belt

Green signifies the plant's growth as TKD skills begin to develop.

Significance of Blue Belt

Blue signifies the heaven towards which the plant matures into a tree as training continues.

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Additional Information

Kicks

Reverse turning kick
Jumping
Flying kick

Chagi

Bandae dollyo chagi
Twiggi
Twimyo chagi

Parts of the Body

Elbow
Back heel

Palkup
Dwithchook

Basic Techniques

Upset punch
Twin upset punch

Dwijibo jirugi
Sang dwijibo jirugi

Grading Syllabus

NB: Revise all previous grading sheets.

1. Perform pattern WON-YO and another previous pattern.
2. Three step sparring.
3. Three step semi free sparring.
4. Free sparring.
5. Power test: Breaking 1 board using side piercing kick, turning kick and reverse turning kick.
6. Questions: NB: Answer questions using Korean terminology.

EG. What is the first and last move in your pattern?

Name and perform the stances you know?

Name and perform the blocks you know?

Name and perform the kicks you know?

What is the meaning of your pattern?

How many moves in your pattern?

What does the colour of your belt mean?