**6th Kup Green Belt Revision Sheet**

**Blue Belt means:**

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

**Practical:**

Basics from previous Grading’s

Pattern Won Hyo Combinations from Patterns

3 Step Sparing (No’s 8 to 10) Sparring Combinations

3 Step Semi-Free Sparring (Basic)

**Won-Hyo:**

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



**Terminology:**

Close Ready Stance A Moa Chunbi Sogi A

Knife Hand Inward Strike Sonkal Anuro Taerigi

Fixed Stance Gojang Sogi

Bending Ready Stance A Goburyo Sogi A

Inner Forearm Circular Block An Palmok Dollimyo Makgi

Middle Forearm Guarding Block Kaunde Palmok Daebi Makgi

Palm inward Block Sonbadak Anuro Makgi

Vertical Stance Soo Jik Sogi

Middle Turning Kick Kaunde Dollyo Chagi

High Reverse Knife Hand Strike Nopunde Sonkal Dung Taerigi

Side Piercing Kick Yop Cha Jirugi

Back Piercing Kick Dwit Cha Jirugi

Semi Free Sparring Ban Jayoo Matsoki

Free Sparring Jayoo Matsoki