



# HED TKD

## TAE KWON-DO SCHOOLS

### GRADING INFORMATION 6<sup>TH</sup> 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 High Inward Strike  
Fixed Stance

Sonkal Nopunde 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