

## 6<sup>TH</sup> KUP REVISION SHEET – GREEN BELT

**To pass you grading you will have to demonstrate:**

- Anything you have previously learnt plus:
- Twin forearm block in L-stance, knife hand inward strike, side punch in fixed stance – Won-Hyo combination
- Side kick
- Front kick
- Circular block in walking stance

### **Interpretation of Won-Hyo – 28 moves**

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

**Blue belt signifies:** The heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses

### **New Moves**

Won-Hyo combination – Be able to explain each move in the combo and what you are doing

### **Blocks**

Najunde Kyocha Joomuk Makgi – Low section X fist block

Sonbadak Ollyo Makgi – Palm upward block

Hori Makgi – Waist block

Sonkal Chookyo Makgi – Knifehand rising block

Dolli-Myo Makgi – Circular block

### **Hand Movements**

Sonkal Anuro Taerigi – Knife hand inward strike

Opun Sonkut Tulgi – Flat fingertip thrust

Ap Joomuk Yop Jirugi – Front fist side punch

Yop Palkup – Side elbow

Doo/Sang Joomuk Dwijibun Jirugi – Double/twin fist upset punch

### **Kicks**

Moorup Chagi – Knee kick

Bandae Dollyo Chagi – Reverse turning kick

Yop Cha Jirugi – Side piercing kick

Remember, you can always be asked the questions that you got wrong last time.

Bandal chagi – Crescent kick  
Dwit cha Jirugi – Back piercing kick

### **Stances**

Moa Sogi – Close stance  
Gojung Sogi – Fixed stance  
Goburyo Sogi – Bending stance

### **Sparring**

2 – Step sparring - Ibo Matsoki

You will also need to know as many different body parts as possible. Below is a list of ones you will know including ones from previous grades.

#### **Hand parts**

An Palmok – Inner forearm  
Bakat Palmok – Outer forearm  
Sonkal – Knifehand  
Sonkal Dung – Reverse knifehand  
Dung Joomuk – Back fist  
Ap Joomuk – Fore fist  
Yop Joomuk – Side fist  
Sonkut – Fingertips  
Sonbadak – Palm  
Ap Palkup – Front elbow  
Dwit Palkup – Back elbow  
Yop Palkup – Side elbow

#### **Foot parts**

Balkal – Foot sword  
Balkal Dung – Reverse foot sword  
Apkumchi – Ball of foot  
Dwit kumchi – Rear of foot  
Dwit Chook – Back heel  
Bal Dung – Top of foot

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