

6TH KUP Grade Sheet – Green to Blue Tag

To pass you grading you will have to demonstrate:

- Anything you have previously learnt
- Won-Hyo tul
- Twin forearm block in L-stance, knife hand inward strike, side punch in fixed stance – Won-Hyo combination
- Side kick
- Turning 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	
Low section X fist block	Najunde Kyocha Joomuk Makgi
Palm upward block	Sonbadak Ollyo Makgi
Waist block	Hori Makgi
Knifehand rising block	Sonkal Chookyo Makgi
Circular block	Dolli-Myo Makgi
Hand Movements	
Knife hand inward strike	Sonkal Anuro Taerigi
Flat fingertip thrust	Opun Sonkut Tulgi
Front fist side punch	Ap Joomuk Yop Jurigi
Side elbow	Yop Palkup
Double/twin fist upset punch	Doo/Sang Joomuk Dwijibun Jurigi
Kicks	
Knee kick	Moorup Chagi
Reverse turning kick	Bandae Dollyo Chagi
Side piercing kick	Yop Cha Jurigi
Crescent kick	Bandal chagi
Back piercing kick	Dwit cha Jurigi
Stances	
Close stance	Moa Sogi
Fixed stance	Gojung Sogi

Bending stance	Goburyo Sogi
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
 Ap kumchi – Ball of foot
 Dwit kumchi – Rear of foot
 Dwit Chook – Back heel
 Bal Dung – Top of foot