

6th Kup - Green Belt

Won Hyo

Number of movements: 28

Starting position: Closed Ready Stance 'A' (Moa Chunbi Sogi 'A')

Meaning of Pattern: Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686AD.

General Terms

Back - Dwit
Foot Shift - Jajun Bal
Jumping - Twigi
Downward - Naeryo
Upward - Ollyo

Defensive Moves

Circular Block - Dollymio Makgi
X Fist Pressing Block - Kyocha Joomuk Noolyo Makgi
Palm Upward Block - Sonbadak Ollyo Makgi
Forearm Waist Block - Palmok Hori Makgi

Stances

Bending Ready Stance - Goburyo Chunbi Sogi
Fixed Stance - Gojong Sogi
Closed Ready Stance - Moa Chunbi Sogi
Closed Stance - Moa Sogi

Offensive Moves

Twin Vertical Punch - Sang Sewo Jirugi
Side Punch - Yop Jirugi
Side Elbow Strike - Yop Palkup Taerigi
Back Kick - Dwit Chagi
Downward Kick - Naeryo Chagi
Jumping Front Kick - Twigi Ap Chagi

Parts of the Body

Elbow - Palkup
Heel - Dwitchook
Palm - Sonbadak

Sparring

Two Step Sparring - Ibo Matsoki
(See Appendix 5)

Types of Motion

Jumping – technique impacts upon landing.

Belt Colour

Blue: Signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Appendix 5

Two Step Sparring / Ibo Matsoki

Two step sparring is designed for the intermediate student to learn more advanced techniques whilst still using the same distance and timing as in three step sparring (Measure by eye only). In each of the two step sparring routines there is one hand attack and one foot attack.

Starting Positions:

Attacker: Right L Stance Forearm Guarding Block

Defender: Parallel Ready Stance

Number One

Attack: Step forward in right walking stance, right high section obverse punch, then left low section front snap kick.

Defence: Step right leg back into walking stance, left rising block, step left leg back into walking stance, x-fist pressing block.

Counter: High section twin vertical punch (Do not step).

Number Two

Attack: Step forward in right fixed stance, right middle section side punch, then left middle section turning kick.

Defence: Step right leg back into L stance, palm upward block, step left leg back in left L stance outer forearm waist block.

Counter: Sliding forward right L stance, right elbow side strike.

Number Three

- Attack:** Step forward right low section front snap kick, then step into left walking stance, high section twin vertical punch.
- Defence:** Step right leg back into walking stance, x-fist pressing block, step left leg back into walking stance, high section outer forearm wedging block.
- Counter:** Grab partner around head and pull down slightly, then left knee upward kick to solar plexus.

Number Four

- Attack:** Step forward into right walking stance, right high section flat fingertip thrust, then left middle section side kick.
- Defence:** Step right leg back into walking stance, knifehand rising block, then step left leg back into L stance, palm inward block.
- Counter:** Left leg front snap kick to the coccyx, landing in left walking stance, twin upset punch to the kidneys.

Free Sparring / Jayoo Matsoki

Free sparring is when two students are allowed to practice controlled techniques against each other. The students are trying to land successful strikes to the specific scoring areas on their opponents, whilst keeping their own defences tight. Full safety equipment must be worn. This type of sparring must only be carried out under the supervision of qualified instructor. Both students start from a right L stance. This is totally different from self-defence, as you are only attack specific target areas and to strike with minimal contact. Free sparring can also be performed with one opponent sparring multiple attackers