

Grading Information 6th KUP Green Belt

Practical

LINWORK

Forwards 1st combination from Won Hyo
Backwards circular block walking stance
Forwards side kick, knifehand guarding block I stance
Backwards high side backfist strike walking stance
Examiners choice pattern
Grade pattern
3 step sparring (8-10)
3 step semi free sparring (basic)
Free sparring (no pads 1 round)

Theory

Interpretation of Pattern Won Hyo (28 Movements)

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

English to Korean Translation

STANCES

Bending ready stance	Guburyo junbi sogi
L Stance	Niunja sogi
Walking stance	Gunnan sogi
Fixed stance	Gojung sogi
Close ready stance	Moa junbi sogi

BLOCKS

Twin forearm block	Sang palmok makgi
Middle knifehand guarding block	Kaunde sonkal daebi makgi
Inner forearm circular block	An palmok dolli myo makgi
Middle forearm guarding block	Kaunde palmok daebi makgi

ATTACKS

High inward knifehand strike	Nopunde anuro sonkal taerigi
Middle side punch	Kaunde yop jirugi
Middle side piercing kick	Kaunde yop cha chagi
Middle straight fingertip thrust	Kaunde sun sonkut tulgi
Low front snap kick	Najunde apcha busigi
Middle reverse punch	Kaunde bandae jirugi
Reverse turning kick	Bandae dollyo chagi

MISCELLANEOUS

Free sparring	Jayoo matsoki
3 Step sparring semi free sparring	Ban jayoo matsoki
Heel	Dwichook

Important

Revise Previous Sheets