



Brownhills Tae Kwon Do Tigers

6th KUP Green Belt Grading Sheet

Practical

Line up come to attention & bow to Master.

Say your name and 6th KUP Sir holding up your right hand.

Pattern Won Hyo.

Free sparring

Line work

1st 3 moves from Won Hyo

Backwards 1st 2 moves from Do San

Forwards sidekick Knifehand guarding block L stance

Backwards high back fist in L stance

Theory

Questions

What is the meaning of Won Hyo

How many moves are in Won Hyo

Closed Ready Stance

Turning Kick

What part of the foot do you use in turning kick

Answers

Won Hyo is the name of a monk started Buddhism in Korea

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Moe Jumbi Sogi

Dollyo Chagi

Ball of the Foot

REMEMBER!!!

No talking in line or at the back of the Dojang while the grading is taking place.

No running around before the grading, just practice.

Call your Instructor, Master or any other black belts Sir for males and Mamm for females.

When leaving the Dojang make sure to bow at the door and leave quietly.