

## **GRADING INFORMATION – 6<sup>th</sup> KUP / GREEN BELT**

### **Practical Grading Required**

#### **Pattern – Won Hyo**

Examiner's Choice Pattern  
3 Step Sparring (8 9 10)  
3 Step Semi Free Sparring (Basic)  
Free Sparring

### **Theory Study Required**

#### **Interpretation of Won Hyo**

Won Hyo, 28 movement pattern – was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

### **Korean Terminology Study Required**

Vertical Stance	Soojik sogi
Closed ready stance 'A'	Moa junbi sogi 'A'
Bending ready stance 'A'	Goburyo junbi sogi 'A'
Fixed stance	Gojung sogi
Forearm circular block	Palmok dollimyo makgi
Palm pushing block	Sonbadak miro makgi
Side punch	Yop jirugi
Reverse knife-hand strike	Sonkal dung taerigi
Flat fingertip thrust	Opun sonkut tulgi
Side piercing kick	Yopcha jirugi
Reverse turning kick	Bandae dollyo chagi
Free sparring	Jayoo matsoki
Semi free sparring	Ban jayoo matsoki
Back heel	Dwit chook
Back sole	Dwit kumchi

( Variations of the grading format are at the examiners discretion, this sheet is for guidance only)

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