



# HED TKD

## TAE KWON-DO SCHOOLS

### GRADING INFORMATION

#### 6<sup>TH</sup> KUP – GREEN BELT

#### PRACTICAL

Basics from previous Gradings

Pattern Won Hyo

3 Step Sparring (No's 8 to 10)

3 Step Semi-Free Sparring (Basic)

Combinations from Patterns

Sparring Combinations

Free Sparring

#### MEANING OF COLOUR BLUE

Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

#### INTERPRETATION OF THE PATTERN

Won Hyo was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD. 28 moves.

#### NEW MOVEMENTS IN THE PATTERN

Close Ready Stance A

Moa Chunbi Sogi A

Represents the "hard" & the "soft", "yin" and "yang", opposites

Knife Hand Inward Strike

Sonkal Anuro Taerigi

Fixed Stance

Gojang Sogi

50/50 weight distribution. L shaped – one foot distance longer than an "L" stance

Bending Ready Stance A

Goburyo Sogi A

Inner Forearm Circular Block

An Palmok Dollimyo Makgi

Middle Forearm Guarding Block

Kaunde Palmok Daebi Makgi

#### NEW MOVEMENTS IN 3 STEP SPARRING

Palm inward Block

Sonbadak Anuro Makgi

Vertical Stance

Soo Jik Sogi

Weight back 60%, front 40% both knees straight. "L" shaped, ½ shoulder width long

Middle Turning Kick

Kaunde Dollyo Chagi (*uses Ap Kumchi*)

High Reverse Knife Hand Strike

Nopunde Sonkal Dung Taerigi (*to throat*)

Side Piercing Kick

Yop Cha Jirugi

(There are many types of side kick / back kick, yop/dwit chagi. These are piercing kicks are among the most common).

Back Piercing Kick

Dwit Cha Jirugi

General terms: Yop Chagi, / Dwit Chagi

#### NEW TERMINOLOGY

Semi Free Sparring

Ban Jayoo Matsoki

Free Sparring

Jayoo Matsoki