

6TH KUP (GREEN BELT)

Theory Work

GENERAL TERMS

Back

PARTS OF THE BODY

Foot Parts
Hand Parts
Elbow

STANCES

Bending Stance
Fixed Stance
Closed Ready Stance A

DEFENSIVE MOVES

Forearm Guarding Block
Circular Block
X-Fist Pressing Block
Upward Palm Block
Waist Block

OFFENSIVE MOVES

Inward Knifehand Strike
Twin Vertical Punch
Side Elbow Strike
Reverse Side Kick

PATTERN

28 MOVES

SPARRING

FREE SPARRING
THREE STEP SEMI-FREE SPARRING
TWO STEP SPARRING
SEQUENCES 1 & 2

6th Kup Questions

Meaning of Blue Belt?

Meaning of Won-Hyo?

GENERAL TERMS

DWIT

PARTS OF THE BODY

HABANSIN
SANGBANSIN
PALKUP

STANCES

GUBURYO SOGI
GOJONG SOGI
MOA CHUNBI SOGI A

DEFENSIVE MOVES

PALMOK DAEBI MAKGI
DOLLYMIO MAKGI
KYOCHA JOOMUK NOOLYO MAKGI
OLLYO SONBADAK MAKGI
HORI MAKGI

OFFENSIVE MOVES

ANAERO SONKAL TAERIGI
SANG SEWO JIRUGI
YOP PALKUP TAERIGI
BANDAE YOP CHAGI

PATTERN

WON - HYO

SPARRING

JAYO MATSOKI
SAMBO BANJAYO MATSOKI
IBO MATSOKI

Blue signifies the heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

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Theory Work Cont.d

Why two step sparring?

Two Step Sparring is designed for the intermediate student to practice more advanced techniques whilst still maintaining the same distance and timing as in Three Step but with more varied techniques thus allowing the student to develop various combinations. All attackers start in right L Stance Forearm Guarding Block and all defenders start in Parallel Ready Stance

Name four foot parts?

Ap Kumchi - Ball of Foot
Balkal - Footsword
Baldung - Instep
Dwit Chook - Back Heal

Name five hand parts?

Sonkal - Knifehand
Sonbadak - Palm
Sonkut - Finger Tips
Ap Joomuk - Forefist
Dung Joomuk - Back Fist

Why free sparring?

Free sparring is when two students are allowed to practice controlled kicking and punching against each other. Each student is trying to land a successful strike or kick to specific targets on their opponent, whilst keeping their own defences tight. Safety equipment must always be worn. This type of sparring must only be carried out under supervision of a qualified instructor. Both students start in a right L-stance forearm guarding block. Tournament sparring must be seen purely as the sport side of Taekwon-Do and not confused with self defence, it is totally different and must be approached in a totally different manner. To be a competent tournament fighter certain skills have to be developed such as speed, stamina, timing, balance and flexibility. Most students when they attempt tournament sparring for the first time tend to attack without thinking about a good tight defence. Even when all the skills have developed it still does not guarantee success, as with most things there is no substitute for experience.