

# PHIL THOMAS SCHOOLS OF TAEKWONDO

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

### **Practical Grading Required**

Pattern – **Won Hyo**  
Examiner's Choice Pattern

Line work Basics (Examiners choice)

3 Step Sparring 8/9/10 (details on separate sheet)  
3 Step Semi Free Sparring (Basic)

### **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 686AD.

### **Korean terminology Study Required**

<b>Vertical Stance</b>	Soojik sogi
<b>Closed ready stance 'A'</b>	Moa junbi sogi 'A'
<b>Fixed stance</b>	Gojung sogi
<b>Bending reading stance 'A'</b>	Goburyo sogi
<b>Low stance</b>	Nachuo sogi
<b>High inward knife – hand strike</b>	Nopunde anaero sonkal taerigi
<b>Side punch</b>	Yop jirugi
<b>Twin fist vertical punch</b>	Sang joomuk sewo jirugi
<b>Knee kick</b>	Moorup chagi
<b>High flat fingertip thrust</b>	No punde opun sonkut tulgi
<b>Twin upset punch</b>	Sang joomuk dwijibo jirugi
<b>Circular block</b>	Dollymio makgi
<b>Waist block</b>	Hori makgi
<b>X block</b>	Kyocha makgi
<b>Upward palm heel block</b>	Ollyo son badak makgi
<b>2 Step sparring</b>	Ibo matsoki
<b>Free sparring</b>	Jayoo matsoki
<b>Semi free sparring</b>	Ban jayoo matsoki
<b>Back heel</b>	Dwit chook
<b>Back sole</b>	Dwit kumchi