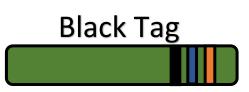


6th Kup Green Belt Grading + Assessment Information

Kings Cubs Will need to go through the entire tag system

KTA will receive a black tag on completion of a pre grading

- Do San
 - Won Hyo (1st Half)
 - Side Kick Board Measure
 - Reverse Punch Board Measure
 - Back Piercing Kick Board Measure
 - Do San
 - Won Hyo
 - Semi-Free Sparring
 - Back Piercing Kick Board Measure
 - Turning Kick Board Measure



Orange Tag

Blue Tag

- Do San
- Won Hyo
- Semi-Free Sparring
- Free Sparring
- Back Piercing Kick Board Measure
- Turning Kick Board Measure
- Outward Knife Hand Strike Board Measure

Pregrading

- Do San
- Won Hyo
- Semi-Free Sparring
- Free Sparring
- Back Piercing Kick Board Measure
- Turning Kick Board Measure
- Outward Knife Hand Strike Board Measure
- Theory

Grading Practical

- Do San
- Won Hyo
- Semi-Free Sparring
- Free Sparring
- Back Piercing Kick Board Measure
- Turning Kick Board Measure
- Outward Knife Hand Strike Board Measure
- Theory

Theory Examples

- What is the meaning of Won Hyo? Won Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686AD.
- 2. How many movements are there in pattern Won Hyo? 28 Movements
- 3. What is the Korean terminology for Bending Ready Stance? Guburyo Junbi Sogi
- 4. Demonstrate and Describe a Fixed Stance?

Gojung Sogi in Korean One and a half shoulder widths in length No width Weight Distribution 50/50 Feet are in and L Shape position with the heels pushed out 15 degree

5. Describe the 2 applications of an inner forearm Circular Block?

Anpalmok Dollimyo Makgi

- 1. Defending against two separate attacks. One low and one middle. (Primary application)
- 2. Defending against a low front snap kick using the inner forearm to throw the attackers leg to the side.

Terminology

General Terminology

Free Sparring --- Jayu matsogi Begin or Start --- Si Jak

Stances

Closed Ready Stance A --- Moa junbi sogi A Fixed Stance --- Gojung Sogi Bending Ready Stance A --- Guburyo Junbi Sogi A

Attacking Techniques

High Inward Knife Hand Strike --- Nopunde anuro sonkal taerigi Side Punch --- Yop Jirugi Side Piercing Kick --- Yopcha jiurgi

Defending Techniques

Inner Forearm Circular Block --- Anpalmok dollimyo makgi