



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

Orange Tag



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

Blue Tag



- Do San
- Won Hyo
- Semi-Free Sparring
- Back Piercing Kick Board Measure
- Turning Kick Board Measure

Black 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

1. 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