



GRADING SYLLABUS

6TH KUP GREEN BELT

TO

5TH KUP BLUE TAG



Green Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Green Belt Colour Meaning:	Green signifies the plant's growth as the Taekwon-Do skill begins to develop.
Blue Belt Colour Meaning:	Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses
Pattern:	Won-Hyo Tul
Pattern Interpretation:	Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

Moves in Korean

Inner forearm circular block	An palmok dollimyo makgi
Closed ready stance A	Moa junbi sogi A
Fixed stance	Gojung sogi
Bending ready stance A	Guburyo junbi sogi A
Vertical stance	Soojik sogi
Inward palm pushing block	Anaero sonbadak miro makgi
Side punch	Yop jirugi
Reverse knife-hand strike	Sonkal dung taerigi
Downward kick	Naeryo chagi
Back kick	Dwit chagi
3 step semi-free sparring	Ban jayoo matsoki
Forty	Mahun

Won-Hyo Tul

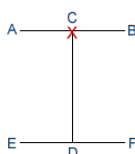
Interpretation: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

Ready stance: Closed ready stance A

No of moves: 28

No of stances: 5

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right-side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip bringing the left palm downward in a circular motion to finish in front of the solar plexus.
13. Move the left foot to E turning counter-clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.

Cont/...



Won-Hyo Tul (cont'd)

16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
17. Execute a high inward strike to F with the left knife-hand while bringing the right-side fist in front of the left shoulder, maintaining a left L-stance toward F.
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command "baro" is given; at this point the right leg is moved to form closed ready stance A facing D.

Side Piercing Kick (Yopcha Jirugi)

The attacking tool must reach the target in a straight line with a revolving motion. Regardless of the stance the foot sword must be brought to the inner knee joint prior to delivering the kick. For the maximum height, lean the body away from the kick as far as possible while maintaining the balance. Do not attempt to kick diagonally as this is a waste of power. Unless advised otherwise by an instructor, execute a high punch using a right fist with a right kick or vice versa. The stationary foot pivots allowing the hip to rotate with the kick.

Bending Ready Stance A (Guburyo Junbi Sogi A)

This is principally used for a proprietary position of side piercing kicks.



Three Step Sparring – Green Belt

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin. Defender - parallel ready stance, kihap to show they are ready to defend.
The Attack	Step right leg forward, right walking stance, middle section obverse punch. Step left leg forward, left walking stance, middle section obverse punch. Step right leg forward, right walking stance, middle section obverse punch.

The Defences & Counter Attacks

8.	Defence	Step the right leg back into a right L-stance, perform a knife-hand outward block with the left arm. Step the left leg back into a left L-stance, perform a knife-hand outward block with the right arm.
	Counter	Step backwards to the right at a 45° angle to the opponent forming a right leg back right L-stance, perform a knife-hand guarding block. Execute a rear leg middle section side kick landing in left L-stance; perform a right knife-hand strike to the attacker's neck.
9.	Defence	Step the right leg back into a right L-stance, perform a palm pushing block with the left hand. Step the left leg back into a left L-stance, perform a palm pushing block with the right hand. Step the right leg back into a right L-stance, perform a palm pushing block with the left hand.
	Counter	Step back and to the left at a 45° angle to the opponent into the same stance, perform a forearm guarding block. Execute a middle section turning kick with the ball of the right foot to the opponent's solar plexus landing with the foot to the outside of the attacker's front foot in vertical stance; perform a knife-hand strike with the right hand to the opponent's neck.
10.	Defence	Step the right leg back into a right L-stance, perform a knife-hand outward block with the left arm. Step the left leg back into a left L-stance, perform a knife-hand outward block with the right arm.
	Counter	Step backwards to the right at a 45° angle to the opponent into right L-stance, perform a knife-hand guarding block. Pivot on the left leg, execute a middle section back kick with the right leg landing in a right walking stance at a 45° degree angle to the opponent and perform a reverse knife-hand strike with the left hand to the philtrum.



Three Step Semi-Free Sparring

Measure The attacker measures the distance between themselves and their opponent by making a left L-stance with their foot to the middle of their opponent's attention stance. Once this distance is established the attacker should return to parallel ready stance.

Starting Positions **Attacker** – right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin.
Defender - right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin.

The Attack & Defences

1. **Attack** Stepping forward, perform a rear leg front snap kick with ball of foot, land then a rear leg side kick with foot sword, land then a rear leg turning kick with ball of foot. All 3 kicks to the middle section.

Defence Stepping left leg back into a left L-stance, perform a middle section forearm guarding block, then move right leg back into right L-stance, perform a middle section forearm guarding block, then move left leg back into left L-stance, perform a middle section forearm guarding block.



Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

All the information relevant to this grading can be found in the grading syllabuses for 10th – 6th Kup

Know everything from all the previous grading syllabuses/checklists	
30 Press ups	
Sitting stance double punch	
Walking ready stance, downward kick, double block	
First 3 moves from Won-Hyo Tul	
Walking stance, inner forearm circular block	
Bending ready stance, side kick, knife-hand guarding block	
Inner forearm circle block, middle punch	
Side kick, back kick, L-stance, forearm guarding block	
Front kick, side kick, turning kick, L-stance, forearm guarding block	
Front snap kick, walking stance, reverse punch, inner forearm circular block	
Do-San Tul	
Won-Hyo Tul	
Three step sparring - 8 - 10	
Three step semi-free sparring - 1	