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Murrays Taekwondo

7th Kup to 5th Kup Grading Revision Sheet:

Double Grading, Green Stripe Belt promotion to Blue Stripe Belt

The Grading...

- Fitness test
- Line work / Drills at the examiners discretion
- Patterns
 - Won-Hyo
 - Do-San
 - 1 other at the examiners discretion
- Self defence
- Free Sparring (1v1)
- Theory Test

Self-Defence (Intermediate)

Applications of techniques against an opponent **that will let you apply the technique** in order to escape. This is to demonstrate that the student has a practical knowledge of self defence techniques but might not necessarily be able to apply them to an aggressive opponent.

As opposed to advanced self-defence where the opponent will not give up unless the student makes them – the student would be allowed to hurt the attacker but not injure them.

Theory

Interpretation to Won-Hyo:

Won-Hyo was named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.

Interpretation to Do-San:

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

What does the colour blue signify?

Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

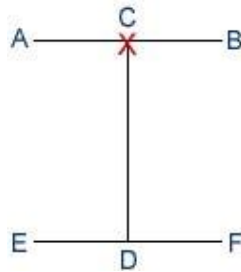
Other general questions on taekwondo

Won-Hyo

Number of Movements: 28

Meaning of Won-Hyo:

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



Starting Position: Closed ready stance A

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 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 finger tip
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
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 clock to A with the forearm

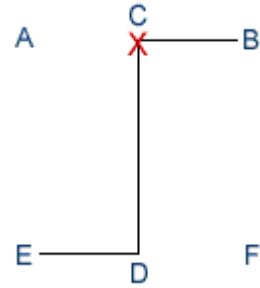
END: Bring the right foot back to a ready posture

Do-San

Number of Movements: 24

Meaning of Do-San:

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.



Starting Position: Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A
5. 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
6. 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
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand

END: Bring the right foot back to a ready posture.