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Murrays Taekwondo

6th Kup Grading Revision Sheet: Green Belt promotion to Blue Stripe

The Grading...

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

Theory

Interpretation to Won-Hyo:

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

What does the colour blue signify?

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

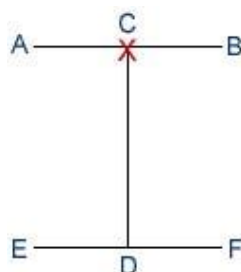
General questions on taekwondo...

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