



BURNTWOOD & CANNOCK TAE KWON DO TIGERS

6th KUP GREEN BELT GRADING SHEET

PRACTICAL

Line up come to attention & bow to Master.

Say your name then 6th Kup sir holding up your right hand.

Pattern WON HYO

Free sparring

LINE WORK

First 3 moves from Won Hyo

Back first 2 moves from Do San

Forward sidekick knifehand guarding block L stance

Back high back fist in L stance

THEORY

Question:

What is the meaning of Won Hyo

How many moves in Won Hyo

Close ready stance

Inward

Turning kick

*What part of the foot do you
use in turning kick*

Answer:

*Won Hyo is the name of a monk who
started Buddhism in Korea*

28

Moe jumbi sogi A

Anuro

Dollyo chagi

Ball of the foot

REMEMBER!

No talking in line or at the back of the Dojang.

No running around before the grading, just practice.

Call your instructor Master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.