BURNTWOOD AND CANNOCK TAEKWONDO

6th Kup Green Belt Grading Sheet

PRACTICAL

Pattern – Student's choice
Pattern – WON HYO
3 step sparring (8-10)
Semi free sparring (beginner)

LINE WORK

Forward – First three movements of pattern WON HYO
Backward – Outer forearm block reverse punch walking stance
Forward – Side kick knifehand guarding block L stance
Backward – Waist block L stance

THEORY

Interpretation of Pattern, WON HYO (28 Movements)
Won Hyo was noted to the monk who started Buddhism to the Silla dynasty in the year 686 AD.

Stances

Parallel ready stance	Narani junbi sogi
Walking stance	Gunnun sogi
L stance	Niunja sogi
Fixed stance	Gojung sogi
Sitting stance	Annun sogi
Bending ready stance	Guburyo junbi sogi

Blocks

Twin forearm block	Sang palmok makgi
Knifehand guarding block	Sonkal daebi makgi
Rising block	Chookyo makgi
Waist block	Hori makgi
Forearm guarding block	Palmok daebi makgi
Circular block	Dollimyo makgi

Attacks

High inward knifehand strike	Nopunde anuro sonkal taerigi
Middle straight fingertip thrust	Kaunde sun sonkut tulgi
High side backfist strike	Nopunde yop dung joomak taerigi
Middle side knifehand strike	Kaunde sonkal yop taerigi
Side punch	Yop jirugi
Side piercing kick	Yop cha chagi
Low front snap kick	Najunde ap chabusigi

IMPORTANT – REVISE PREVIOUS SHEET