BURNTWOOD AND CANNOCK TAEKWONDO TIGERS

6th Kup Green Belt Grading Sheet

PRACTICAL

Line up in front of the Master in attention stance
Come to attention and bow
Say your name and then 6th Kup Sir, holding up your right hand
Pattern WON HYO
Free Sparring

LINE WORK

Forwards in walking stance leading hand hooking block
Backwards first 2 moves from Do San
Forwards in L stance side kick knifehand guarding block
Backwards in L stance back fist strike

THEORY

Question:	**Answer:**
What is the meaning of Won Hyo?	Won Hyo is the name of a monk who started Buddhism in Korea
How many moves in Won Hyo?	28
What is close ready stance?	Moe jumbi sogi
What is inward?	Anuro
What is side kick?	Yop chagi
What part of the foot do you use in side kick?	The foot sword
What part of the foot do you use in turning kick?	The ball of the foot

REMEMBER!

No talking in line or at the back of the Dojang.
No running around before the grading, just practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.