

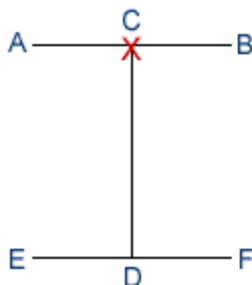
McKnight Taekwon-Do 6th Kup

GREEN BELT STUDY SHEET

6th KUP - GREEN BELT STUDY SHEET Training period 3 months.

6th Kup Pattern: Won-Hyo - 28 movements.

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



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

Stance

Bending Ready Stance A
Fixed Stance
Closed Ready Stance A
Walking stance
L-Stance stance

Blocks

Middle forearm guarding block
Inner forearm circular block
Twin forearm block
Middle knife hand guarding block

Punches

Middle punch

Strike

High inward knife hand strike

Thrust

Middle straight fingertip thrust

Kick

Low front snap kick
Middle side piercing kick

Sogi

Goburyo Jumbi Sogi A
Gojung Sogi
Moa Jumbi Sogi A
Gunnun sogi
Nuinja sogi

Makgi

Kaunde palmok daebi makgi
An palmok dollimyo makgi
Sang palmok makgi
Kaunde sonkal saebi makgi

Jirugi

Kaunde jurigi

Taerigi

Napunde annuro sonkal taerigi

Tulgi

Kaunde son sonkut tulgi

Chagi

Najunde ap cha busigi
Kaunde yop cha jirugi