

# 6TH KUP (GREEN BELT)

## Theory Work

### GENERAL TERMS

Back

### PARTS OF THE BODY

Foot Parts  
Hand Parts  
Elbow

### STANCES

Bending Stance  
Fixed Stance  
Closed Ready Stance A

### DEFENSIVE MOVES

Forearm Guarding Block  
Circular Block  
X-Fist Pressing Block  
Upward Palm Block  
Waist Block

### OFFENSIVE MOVES

Inward Knifehand Strike  
Twin Vertical Punch  
Side Elbow Strike  
Reverse Side Kick

### PATTERN

28 MOVES

### SPARRING

FREE SPARRING  
THREE STEP SEMI-FREE SPARRING  
TWO STEP SPARRING  
SEQUENCES 1 & 2

## 6th Kup Questions

### Meaning of Blue Belt?

### Meaning of Won-Hyo?

### GENERAL TERMS

DWIT

### PARTS OF THE BODY

HABANSIN  
SANGBANSIN  
PALKUP

### STANCES

GUBURYO SOGI  
GOJONG SOGI  
MOA CHUNBI SOGI A

### DEFENSIVE MOVES

PALMOK DAEBI MAKGI  
DOLLYMIO MAKGI  
KYOCHA JOOMUK NOOLYO MAKGI  
OLLYO SONBADAK MAKGI  
HORI MAKGI

### OFFENSIVE MOVES

ANAERO SONKAL TAERIGI  
SANG SEWO JIRUGI  
YOP PALKUP TAERIGI  
BANDAE YOP CHAGI

### PATTERN

WON - HYO

### SPARRING

JAYO MATSOKI  
SAMBO BANJAYO MATSOKI  
IBO MATSOKI

Blue signifies the heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses

**WON-HYO** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

## **6TH KUP (GREEN BELT)**

### **Theory Work Cont.d**

#### **Why two step sparring?**

Two Step Sparring is designed for the intermediate student to practice more advanced techniques whilst still maintaining the same distance and timing as in Three Step but with more varied techniques thus allowing the student to develop various combinations. All attackers start in right L Stance Forearm Guarding Block and all defenders start in Parallel Ready Stance

#### **Name four foot parts?**

**Ap Kumchi** - Ball of Foot

**Balkal** – Footsword

**Baldung** – Instep

**Dwit Chook** – Back Heel

**Sonkal** – Knifehand

**Sonbadak** – Palm

**Sonkut** – Finger Tips

**Ap Joomuk** – Forefist

**Dung Joomuk** – Back Fist

#### **Name five hand parts?**

#### **Why free sparring?**

Free sparring is when two students are allowed to practice controlled kicking and punching against each other. Each student is trying to land a successful strike or kick to specific targets on their opponent, whilst keeping their own defences tight. Safety equipment must always be worn. This type of sparring must only be carried out under supervision of a qualified instructor. Both students start in a right L-stance forearm guarding block. Tournament sparring must be seen purely as the sport side of Taekwon-Do and not confused with self-defence, it is totally different and must be approached in a totally different manner. To be a competent tournament fighter certain skills have to be developed such as speed, stamina, timing, balance and flexibility. Most students when they attempt tournament sparring for the first time tend to attack without thinking about a good tight defence. Even when all the skills have developed it still does not guarantee success, as with most things there is no substitute for experience.