

Green belt

LINE WORK FOR 6TH KUPS

RIGHT LEG BACK AND GUARD – ON THE SPOT – JAB, REVERSE PUNCH, FRONT KICK WITH REAR LEG, KIAP ON THE KICK AND BACK TO GUARD, 4 TIMES THEN SWITCH THE LEGS AND REPEAT

FWD – FRONT KICK TURNING KICK COMBINATION USING THE SAME LEG AND LAND IN L-STANCE WITH GUARDING BLOCK

BWD – FIRST 3 MOVES OF WON-HYO

FWD – WALKING STANCE CIRCULAR BLOCK

BWD – L-STANCE INWARDS BLOCK KNIFE HAND STRIKE USING THE SAME ARM

FWD – TURNING KICK LANDING IN L-STANCE KNIFE HAND STRIKE PULL BACK TO GUARD

BWD – SPARING STYLE, HIGH SECTION OUTER FOREARM BLOCK REVERSE PUNCH PULL BACK TO GUARD

SET PATTERNS EXAMINERS CHOICE

SET PATTERN EXAMINERS CHOICE

PATTERN WON HYO

3 STEP SPARING 8-10, JUNIORS 5-6

FREE SPARING WITH SAFETY EQUIPMENT SHOWING CONTACT CONTROL

THEORY

TYPICAL THEORY FOR 6TH KUPS

Theory for your 6th Kup grading typically consists of 3 more questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern and how many movements does it have?

Pattern Won-Hyo

28 moves

Won-hyo was the noted monk who introduced Buddhism to the silla dynasty in the year of 686 A.D

What is the Korean for side piercing kick and what part of the foot do you use?

Side Kick- **Yop Chagi**

What is the Korean for the first 3 movements of Won-Hyo?

Twin Forearm Block- **Sang Palmok Makgi**

Inwards Knifehand Strike- **Anuro Sonkal Taerigi**

Side Punch- **Yop Jirugi**

What is the Korean for bending stance and what is its purpose?

Bending Stance- **Goburyo Sogi**

What is the purpose of practising free sparring, and what is the Korean for it?

Free sparring- **Ban Jayu Matsoki**

Why do we twist on a punch?

To help generate power

What is the Korean for a circular block and what is its purpose?

Circular Block- **Momchau Makgi**

When was the UKTKD formed?

February 2006

Explain what a vertical stance is.

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.

JUNIOR THEORY QUESTIONS

From green belt level upwards the theory questions are still easier, relating to their age and ability, but there is less distinction in the theory asked between an adult and a junior.