**GRADING INFORMATION – 6th Kup Green Belt**

**Practical Grading Required**

Pattern Won Hyo

Examiner's choice of pattern

3 Step Sparring (8 9 10)

3 Step Semi Free Sparring (Basic)

Free Sparring

**Theory Study Required**

**Interpretation of Won Hyo -** Won Hyo, a 28 movement pattern, was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

**Meaning of Green belt**

Green belt signifies the plants growth as Tae Kwon do’s skill begin to develop

**Korean Terminology Study Required**

Vertical Stance Soojik sogi

Closed ready stance 'A' Moa junbi sogi 'A'

Bending ready stance 'A' Goburyo junbi sogi 'A'

Fixed stance Gojung sogi

Forearm circular block Palmok dollimyo makgi

Palm pushing block Sonbadak miro makgi

Side punch Yop jirugi

Outer forearm waist block Bakat palmok hori makgi

Knife hand inward strike Sonkal anero taerigi

Palm Sonbadak

Reverse knife-hand strike Sonkal dung taerigi

Flat fingertip thrust Opun sonkut tulgi

Side piercing kick Yopcha jirugi

Foot sword Balkal

Reverse turning kick Bandae dollyo chagi

Free sparring Jayoo matsoki

Semi free sparring Ban jayoo matsoki

Back heel Dwit chook

Back sole Dwit kumchi