

Llangollen Tae Kwon-Do

6th Kup Grading Revision Sheet

Practical

1. (Fwd) Walking Stance, Straight Fingertip Thrust x 4
2. (Back) First 3 Moves of Won - Hyo x 4
3. (Fwd) Side Kick Reverse Punch x 4
4. (Back) L-Stance, Palm Pushing Block x 4
5. (Fwd) Turning Kick, Knifehand Strike x 4
6. (Back) First 2 Moves of Do-San x 4
7. (Fwd) Back Kick x 4
8. (Back) Walking Stance Circular Block
9. Set Pattern
10. Won - Hyo
11. 3 Step Sparring 8 – 10

THREE STEP SPARRING (SAMBO MATSOKI)

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

8. Right leg back 'L' stance, middle knifehand block to the inside two times.

Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block. Execute a right side kick landing in left 'L' stance, right front back fist strike or knifehand strike to the neck.

9. Right leg back 'L' stance, middle palm pushing block to the outside three times.

Counter attack = Slide back at a 45 degree angle to the outside of your opponent into a right 'L' stance with a knifehand guarding block. Execute a right mid section turning kick, put the kicking foot behind the opponent's front foot landing in vertical stance while executing a knifehand strike to the neck.

10. Right leg back 'L' stance, middle knifehand block to the inside two times.

Counter attack = Move right foot to left foot pushing off left foot, slide back at a 45 degree angle into a right 'L' stance with a knifehand guarding block. Execute a reverse side kick, land in a right walking stance whilst executing a left hand reverse knifehand strike to the philtrum.

Theory

Meaning Of Green Belt

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop

Korean Terms

2 Step Sparring	Ibo Matsoki	Hand parts	Sangbansin
3 Step Sparring	Sambo Matsoki	Hooking Block	Golcho Makgi
Back	Dwit	Knee Kick	Moorup Chagi
Back Heel	Dwit Chook	Reverse Turning Kick	Bandae Dollyo Chagi
Back Sole	Dwit Kumchi	Side Kick	Yop Chagi
Bending Ready Stance	Goburyo Sogi	Side Punch	Yop Jirugi
Circular Block	Dollymio Makgi	Sparring	Matsoki
Closed Ready Stance 'A'	Moja Junbi Sogi 'A'	Vertical punch	Sewo jirugi
Foot parts	Hanbansin	Vertical Stance	Soojik Sogi
		Waist Block	Hori Makgi

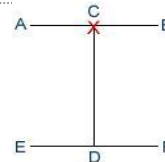
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Won-Hyo

Number of Movements: 28

Meaning of Won-Hyo:

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD



Starting Position: Closed ready stance A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D
8. Execute a middle side piercing kick to D with the left foot
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block
17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist
25. Turn the face toward C forming a left bending ready stance A toward C
26. Execute a middle side piercing kick to C with the right foot
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm
28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm

END: Bring the right foot back to a ready posture