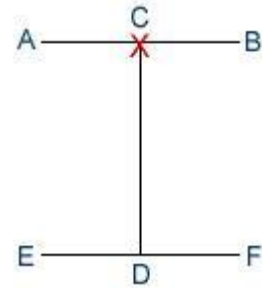


GRADING INFORMATION FOR 6TH KUP GREEN BELT

PRACTICAL

PATTERN WON-HYO
BASIC LINE WORK FROM PATTERN
3 STEP SPARRING
SEMI FREE SPARRING
FREE SPARRING



THEROY

WON-HYO - WON-HYO WAS THE NOTED MONK WHO INTRODUCED
BUDDHISM INTO THE SILLA DYNASTY IN 686AD. 28 MOVEMENTS

BLUE BELT - SIGNIFIES THE HEAVEN TOWARDS WHICH A PLANT MATURES INTO A
TOWERING TREE AS THE TRAINING IN TAE KWON-DO PROGRESSES

STANCES

CLOSED READY STANCE A	MOA JUNBI SOGI A
L STANCE	NUIJA SOGI
FIXED STANCE	GOJONG SOGI
BENDING READY STANCE	GUBRYO JUNBI SOGI
WALKING STANCE	GUNNAN SOGI

BLOCKS

TWIN OUTER FORARM BLOCK	SANG BAKAT PALMOK MAKGI
MIDDLE KNIFE HAND GAURDING BLOCK	KAUNDE SONKAL DAEBI MAKGI
CIRCULAR BLOCK	DOLLIMYO MAKGI
MIDDLE FORARM GAURDING BLOCK	KAUNDE PALMOK DAEBI MAKGI

ATTACKS

HIGH INWARD KNIFE HAND STRIKE	NOPUNDE ANURO SONKAL TAERIGI
MIDDLE SIDE PUNCH	KAUNDE YOP JURIGI
MIDDLE SIDE PIERCING KICK	KAUNDE YOP CHA BUSIGI
MIDDLE STRAIGHT FINGER TIP THRUST	KAUNDE SON SUNKUP TULIGI
LOW FRONT SNAP KICK	NAJUNDE AP CHA BUSIGI
MIDDLE REVERSE PUNCH	KAUNDE BANDAE JURIGI

OTHER ENGLISH KOREAN WORDS

2 STEP SPARRING	IBO MATSOKI	VERTICAL PUNCH	SEWO JURIGI
FREE SPARRING	JAYOO MATSOKI	WAIST BLOC	HORI MAKGI
REVERSE TURNING KICK	BANDAE DOLLYO CHAGI	REV SIDE KICK	BANDAE YOP
CHAGI			
VERTICAL STANCE	SOOJIK SOGI	REV SIDE KICK	BANDAE YOP CHAGI
HOOKING BLOCK	GOLCHO MAKGI		
PALM PUSHING BLOCK	SONBADAK MIRO MAKGI		