

6th Gup Requirements

6TH

Patterns

- Won-Hyo Tul (Including all previous patterns)

Kicking

- Back kick (Dwit Chagi)
- Reverse turning kick (Bandae Dollyo Chagi)
- Flying front kick (Twimyo Ap Chagi)

Blocking

- Inner forearm circular block (An Palmok Dollimyo Makgi)

Striking

- Reverse knifehand front strike (Sonkal Dung Ap Taerigi)
- Fixed stance middle punch (Gojung so Kaunde Jirugi)

Stances

- Bending ready stance A (Guburyo Junbi Sogi A)
- Closed ready stance A (Moa Junbi Sogi A)
- Fixed stance (Gojung Sogi)

Sparring

- One step sparring moves from your patterns (Ilbo Matsogi)
- Free sparring (Jayo Matsogi)

Self-Defence

Chokes

Breaking techniques

- Front snap kick consecutive kicks x 2
- Knifehand Consecutive x 2

Terminology/Theory

- Meaning and number of movements in Won-Hyo
- Composition (components) of Taekwon-Do
- Names and application of fundamental movements (as above)

Attendance

Recommended minimum 90 classes

Won-Hyo (28 movements)

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

SPIRIT Testing examiners Choice