

Testing Information

6th – 5th

Testing from Green Belt (6th Gup) to Blue Stripe (5th Gup)

Pattern (tul) & Interpretation:

Pattern Name: Won-Hyo

Ready Stance: Closed Ready Stance Type A

Movements: 28

Diagram: I

Interpretation

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

Kicking Requirements

Twimyo-Dollyo-Chagi

Bandae Goro-Chagi

Bandae Twimyo-Dwitcha-Jirugi

Bituro-Chagi

Jump Turning Kick

Reverse Hook Kick

Reverse Jump Back Piercing Kick

Twist Kick/ Low Section

Step Sparring

Free Sparring no contact

Ibo 2 step sparring

Intermediate (2 counters) / Advanced (3 counters)

2 step sparring Intermediate (1 way)

Attacker: L- stance guarding block (1 foot attack – 1 hand attack)

Defender: open ready stance – basic blocks & counters

Intermediate - 2 counters

Note: defender finishes in guarding block.

Self-defense

Single choke from front

Double choke from front

Single choke from rear

Double choke from rear

1 throw against a fore fist punch from Walking Stance

1 throw against a Side Front Snap Kick from L-Stance

1 throw against a Straight Fingertip Thrust from a Walking Stance

Break

Knife-hand, reverse knife-hand, or punch I board (adult only)

Foot Break (one of the following is required)

Twimyo-Dollyo-Chagi

Jump Turning Kick

1 Board

Twimyo-Nopi-Chagi

Jump High Kick

1 Board

Required Knowledge

New Stance:

1. Closed Ready Stance Type A: feet together, hand position is 30 cm (about 12") from philtrum
2. Fixed Stance: is similar to the L-Stance with these exceptions: weight distribution is 50/50 and the length is 1 and 1/2 shoulder widths and measures from reverse foot sword of back foot to tip of toes on the front foot.
3. Bending Ready Stance Type A: base leg is slightly bent with other foot sole at inner base legs knee (not touching). Hands-middle guarding block.

New Techniques:

1. L-Stance Knife-hand High Inward Strike
2. Fixed Stance Middle punch
3. Bending Ready Stance Type A
4. Middle Side Piercing Kick
5. Walking Stance Middle Inner Forearm Circular Block
6. Low Front Snap Kick
7. L-Stance Forearm Middle Guarding Block

Belt:

Green Belt signifies the plants growth as the Taekwon-Do skill begins to develop.

All students need to join the ITF / ATFI at this level. Cost is \$25.00 lifetime membership.