

What does blue belt signify? “A blue belt signifies heaven, toward which the plant matures into a towering tree as training in Tae Kwon-Do progresses”.



Pattern **WON-HYO** (28 movements) meaning

‘WON-HYO was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.’

General terms

- Back – **DWIT**

Parts of the body

- Foot parts – **HABANSIN**
- Hand parts – **SANGBANSIN**
- Back sole – **DWIT KUMCHI**
- Back heel – **DWIT CHOOK**

Stances

- Vertical stance – **SOOJIK SOGI**
- Closed stance – **MOA SOGI**

Basic Movements (Defensive)

- Circular block – **DOLLIMYO MAKGI**
- Hooking block – **GOLCHO MAKGI**
- Waist block – **HORI MAKGI**
- Palm pushing block – **SONBADAK MIRO MAKGI**

Basic Movements (Offensive)

- Vertical punch – **SEWO JIRUGI**
- Side punch – **YOP JIRUGI**
- Reverse turning kick – **BANDAE DOLLYO CHAGI**
- Reverse side kick – **BANDAE YOP CHAGI**
- Reverse knifehand strike – **SONKAL DUNG TAERIGI**

Sparring

- Three step sparring – **SAMBO MATSOKI**
(Numbers eight through to ten)
- Semi-free sparring – **BAN JAYOO MATSOKI**

YOUR 6th KUP GRADING

- IDENTIFY YOURSELF
- COMBINATIONS IN LINE FROM PATTERNS
- PATTERNS SET BY GRADE EXAMINER
- PATTERN – WON-HYO
- THREE STEP SPARRING – NUMBERS 8, 9 & 10
- SEMI-FREE SPARRING (BASIC LEVEL)
- ALL THEORY UP TO AND INCLUDING THIS PAGE