



6th KUP SYLLABUS

PRACTICAL TEST

PATTERNS

- Won-Hyo** - (28 movements)
- Do-San** - (24 movements)
- Dan-Gun** - (21 movements)
- Chon-Ji Tul** - (19 movements)

Won-Hyo was a noted monk who introduced Buddhism to the Shilla Dynasty in the year 686 ACE

BASIC HAND TECHNIQUES

- Close leg Ready Stance A** - Moa Junbi sogi A
- Walking stance forearm circular block maki** - Gunnun so Palmok dollimyo
- L stance knife hand high inward strike anuro taerigi** - Niunja so Sonkal Nopunde
- Fixed stance middle side punch** Gojung so Kaunde yop Jirugi

BASIC KICKING TECHNIQUES:

- Spinning turning kick** - Duro chagi
- Reverse turning kick** - Bandoe dollyo Chagi
- Hooking kick** - Golchoyo chagi

COMBINATION TECHNIQUES:

Step up kick: Front snap kick, Side piercing kick, Turning kick, Hook kick, Back piercing kick



6th KUP SYLLABUS

THREE STEP SPARRING: (advance)

Two step sparring (1-5)

Free sparring (no contact)

THEORY TEST:

How many movements in Won-Hyo? 24 movements

Stances in Won-Hyo Tul are? Close leg stance A, L stance, fixed stance, walking stance and Bending stance.

TERMINOLOGY:

Fixed stance

- Gojung sogi

Closed ready stance A

- Moa junbi sogi A

Knife hand high inward strike

- Sonkal napunde anuro taerigi

Middle Side punch

- Kaunde yop Jirugi

Inner forearm circular block

- An Palmok dollimyo maki

Crescent kick

- Dwit Chagi

Back heel

- Dwick chook

The meaning of green belt: Green signified the plants growth just like the Taekwon-Do students skills begin to develop.