



# ITF 6th Kup Green Belt Grading Syllabus

## Theory

- 1. What's the meaning of the pattern Won-Hyo?** – Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686AD.
- 2. How many moves in pattern Won-Hyo?** – 28
- 3. How do you form closed ready stance A (Demonstrate) and what is it in Korean?** - Moa Junbi sogi A.
- 4. What are the first three moves including stances in pattern Won-Hyo?** In English and Korean.  
– (Twin fore arm in L-Stance) Sang palmok makgi in Niunja sogi (high inward knife hand strike in L-Stance) Nopunde anuro sonkal taerigi in Niunja sogi (Middle obverse punch in fixed stance) Kaunde baro jurugi in Gojung sogi.
- 5. What is bending ready stance A in Korean?** – Guburyo sogi A.
- 6. What is a circular block in Korean?** – Dollimyo makgi
- 7. What is the stance and shoulder position for a circular block?** – Walking stance, reverse half facing.
- 8. What is two step sparring in Korean?** – Ibo Matsogi
- 9. What is the difference between grading and tournament sparring?** – Grading sparring is to show control whilst using a variation of attack and defensive techniques from both your left and right hand sides, Tournament sparring is using your best techniques to score points against your opponent.
- 10. What does blue belt signify?** – Blue signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
- 11. What is back in Korean?** – Dwit.
- 12. What is waist block in Korean?** – Hori makgi.
- 13. What is free sparring in Korean?** – Jahu matsoki.

14. What is X-Fist pressing block in Korean? – Kyocha joomuk noollo makgi.

15. What is a twin vertical punch in Korean? – Sang sewo jirugi.

16. What are “Hand Parts” and Foot Parts” in Korean? – Sangbansin and Habansin

## Korean Terms

General Terms		Defensive Moves		Offensive Moves		Parts of the Body	
English	Korean	English	Korean	English	Korean	English	Korean
Back	Dwit	Waist Block	Hori Makgi	Back Piercing Kick	Dwitcha Jirugi	Foot Parts	Habansin
		Circular Block	Dollymio Makgi	Twin Vertical Punch	Sang Sewo Jirugi	Hand Parts	Sangbansin
		Downward X-Fist Block	Naeryo Kyocha Joomuk Makgi	Side Punch	Yop Jirugi	Elbow	Palkup
		Upward Palm Block	Ollyo Sonbadak Makgi	Side Elbow Strike	Yop Palkup Taerigi		
				Inward Knifehand Strike	Anaero Sonkal Taerigi		
Sparring		Stances					
English	Korean	English	Korean				
Free Sparring	Jayo Matsoki	Bending Stance	Goburyo Sogi				
Two Step Sparring	Ibo Matsoki	Fixed Stance	Gojong Sogi				
		Closed Ready Stance A	Moa Chumbi Sogi A				

### DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

#### Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

#### Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

### TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

#### Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

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