COURTESY - INTEGERITY - PERSIVERANCE - SELF-CONTROL - INDOMITALE SPIRIT

6th Kup Grading Requirements

Syllabus – For promotion to 5th Kup (Blue Stripe)

- 1. Pattern Won-Hyo
- 2. Sparring
- 3. Destruction Back Piercing kick (both legs) Measuring and breaking, utilising relevant part of foot
- 4. Terminology

NOTE: Revise all previous (physical & terminology)

Terminology					
1	Won-Hyo – 28 Movements (Ready Posture = MOA JUNBI SOGI A)				
	Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.				
2	STANCES – Sogi				
	CLOSED STANCE – MOA SOGI		Feet together		
	CLOSED READY STANCE A – MOA JUNBE SOGI A				
	FIXED STANCE - GOJANG SOGI		Width = Feet shoulder width apart Length = Feet 1 & a half times shoulder width (as in L-stance) plus the width of your foot Weight distribution = 50:50 Forward leg indicates whether it is a right or left stance		
	BENDING READY STANCE A – GOBURYO (Preparatory stance for delivery of a side		100% weight on standing leg Knee of standing leg slightly bent Knee of kicking leg raised & bent towards target Arm position = Forearm guarding block Standing leg indicates whether it is a right or left stance		
3	NEW MOVEMENTS IN WON-HYO				
	INNER FOREARM CIRCULAR BLOCK INWARD KNIFE-HAND STRIKE SIDE PUNCH	AN PALMOK DO ANURO SONKA YOP JIRUGI	DLLIMYO MAKGI L TAERIGI		

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4	DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN WON-HYO			
	7 th r	novement novement movement	WEN GOJANG SO, KAUNDE YOP JIRUGI ORUN GOBURYO JUNBI SO A, KAUNDE PALMOK DAEBI MAKGI WEN GUNUN SO, AN PALMOK DOLLIMYO MAKGI	
5	BACK PIE	BACK PIERCING KICK – DWIT CHA JIRUGI		
	Part of use			
	FOOT SWORD	BALKAL		

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