

Testing Information

6th – 5th

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

Pattern (tul) & interpretation:

Won-Hyo

Ready Stance: Closed Ready Stance Type A

Movements: 28

Diagram: I

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

Step Sparring

Ibo 2 step sparring intermediate (2 counters) or advanced (3 counters)

Free Sparring no contact

Self-defense:

Single choke from front (attack)

Double choke from front (attack)

Single choke from rear (attack)

Double choke from rear (attack)

I throw against a fore fist punch from Walking Stance

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

I throw against a Straight Fingertip Thrust from a Walking Stance

Kicks:

Twimyo-Dollyo-Chagi Jump Turning Kick

Bandae Goro-Chagi Reverse Hook Kick

Bandae Twimyo-Dwitcha-Jirugi Reverse Jump Back Piercing Kick

Bituro-Chagi Twist Kick/ Low Section

Break:

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

And one of the following:

Twimyo-Dollyo-Chagi Jump Turning Kick I Board

Twimyo-Nopi-Chagi Jump High Kick I Board

Stance:

1. Closed Ready Stance Type A feet together, hand position is 30 cm (about 12 inches) from philtrum
2. Fixed Stance is similar to the L-Stance with these exceptions: weight distribution is 50/50 and 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.

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.