



HF MARTIAL ARTS

GRADING SYLLABUS

6TH KUP GREEN BELT

TO

5TH KUP BLUE TAG

Won-Hyo Tul

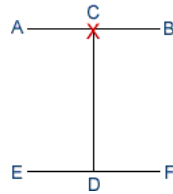
Interpretation: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

Ready stance: Closed ready stance A

No of moves: 28

No of stances: 5

Pattern diagram:



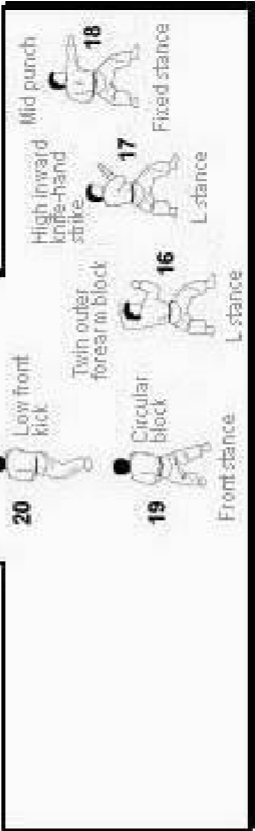
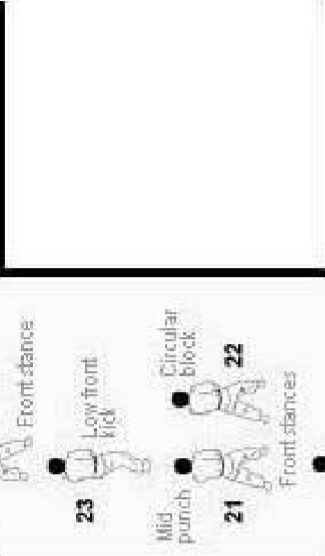
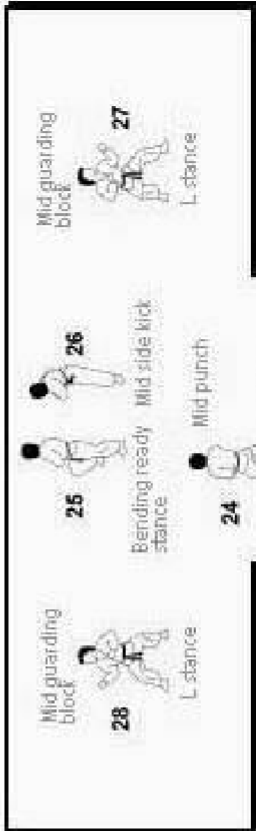
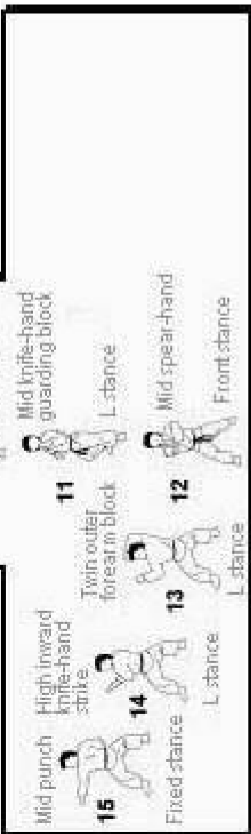
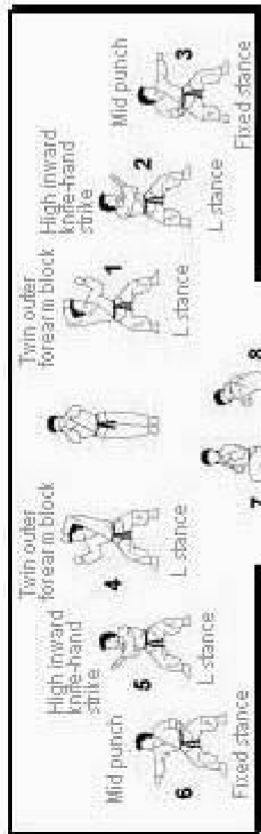
The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip bringing the left palm downward in a circular motion to finish in front of the solar plexus.
13. Move the left foot to E turning counter-clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.

Won-Hyo Tul (cont'd)

17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form closed ready stance A facing D.



WON-HYO

Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A. D.

Three Step Sparring - No's 9 & 10

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin. Defender - parallel ready stance, kihap to show they are ready to defend.
The Attack	Right leg forward right walking stance, middle section obverse punch. Left leg forward left walking stance, middle section obverse punch. Right leg forward right walking stance, middle section obverse punch.

The Defences & Counter Attacks

Number 9

1. Step the right leg back into an L-stance, performing a palm pushing block with the left hand.
2. Step the left leg back into an L-stance, performing a palm pushing block with the right hand.
3. Step the right leg back into an L-stance, performing a palm pushing block with the left hand. To counter, slip to the left and perform a turning kick with your right foot to the opponent's chest, land your right foot behind their right leg into an L-stance, before pulling your left leg forward to make a vertical stance and perform a strike to the opponent's neck.

Number 10

1. Step the right leg back into an L-stance, performing a high section knife hand block with the left hand.
2. Step the left leg back into an L-stance, performing a high section knife hand block with the right hand.
3. Slide backwards at a 45-degree angle into L-stance, performing a knife hand guarding block. Then, execute a back kick to the mid-section of the opponent, landing forwards in a right leg walking stance and perform a reverse knife hand side strike to the opponent's nose with the left hand. .

For this grading the three step sparring will be performed with a partner.

Green Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Green Belt Colour Meaning:

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

Blue Belt Colour Meaning:

Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses

Pattern:

Won-Hyo Tul

Moves in Korean

Circular block

Dollimyo makgi

Closed ready stance A

Moa junbi sogi A

Fixed stance

Gojung sogi

Bending ready stance

Guburyo sogi

Vertical stance

Soojik sogi

Inward palm pushing block

Anaero sonbadak miro makgi

Side punch

Yop jirugi

Reverse knife-hand strike

Sonkal dung taerigi

Downward kick

Naeryo chagi

Back kick

Dwit chagi

Forty

Mahun

Grading Check List
6th Kup Green Belt to 5th Kup Blue Tag

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know everything from all of the previous grading syllabuses/checklists	
30 Press ups	
Sitting stance double punch	
Sitting stance triple punch	
Walking ready stance, downward kick, double block	
First 3 moves from Won-Hyo Tul	
Walking stance, circular block	
Bending ready stance, side kick, knife-hand guarding block	
Walking stance, reverse punch, circular block	
Back kick, L-stance, forearm guarding block	
Double side kick, L-stance, forearm guarding block	
Front snap kick, walking stance, reverse punch, circular block	
Do-San Tul	
Won-Hyo Tul	
Three step sparring 9 & 10 (with a partner)	