

Technical

Understand and correctly perform all 10th to 7th Kup techniques

Identify the following parts of the body:

Palm, Heel, Knee and Back elbow

Name and demonstrate the following stances:

Close ready stance 'A', Bending ready stance 'A' and Fixed stance

Understand and correctly perform the following defensive techniques:

Circular block, X-fist pressing block, Palm upward block and additional defensive techniques for use in 2-step sparring examples

Understand and correctly perform the following offensive techniques:

Knifehand inward strike, Side punch, Back elbow thrust, Upset punch and additional offensive techniques for use in 2-step sparring examples

Correctly perform 2-step and free sparring

Theory

Understand all 10th-7th Kup requirements

Know the meaning of the pattern Won Hyo

Understand the purpose of each technique in the pattern Won Hyo

Grading Requirements

Perform pattern Won Hyo

2-step sparring

3-step semi free sparring

Free sparring

Power test using standard focus boards:

Minimum 2 breaks - choice techniques - identifying the techniques and attacking tools used (*left and right count as 2 techniques*) Please be aware you may be asked to change the side if you used the same technique for your 7th Kup grading

General theory appropriate to a 6th Kup student

Theory Questions

- 1) Name and demonstrate eight stances learnt so far
- 2) What patterns have you learnt so far and how many movements does each one have?
- 3) Who was Won Hyo?
- 4) Name the attacking tool for the following techniques:
 - a) *Apcha Busigi*
 - b) *Bandae Dollyo Chagi*
 - c) *Sun Sonkut Tulgi*
 - d) *Nopunde Jirugi*



6th Kup Won Hyo 3 months 28 movements

Requirements:

- **Won-Hyo Tul** (*click for description*)
- **Two Step Sparring (5-7)** (IBO MATSOGI) (*click for description*)
- Semi-Free Sparring (BAN JAYU MATSOGI)
- Free Sparring (JAYU MATSOGI)

Power:

- Side Piercing Kick
- Reverse Turning Kick

English - Korean	
Foot Parts	
Back Heel	Dwitchook
Attacking Techniques	
Reverse Turning Kick	Bandae Dollyo Chagi
Front Leg Reverse Turning Kick	Ap Bal Bandae Dollyo Chagi
Back Piercing Kick	Dwitcha Jirugi
Jumping Knifehand Strike	Twimyo Sonkal Taerigi
Defending Techniques	
Circular Block	Dollimyo Makgi
Stances	
Close Ready Stance 'A'	Moa Junbi Sogi 'A'
Fixed Stance	Gojung Sogi
Bending Ready Stance 'A'	Goburyo Sogi 'A'

Won-Hyo Tul (28 Movements):

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

◦ *Buddhism is a religious teaching spread by the followers of the Buddha who believe that man's suffering is caused by greed, hatred and mistaken ideas, and if they can be destroyed*

e) *Moorup Chagi* f) *Yocha Jirugi*

g) *Dollyo Chagi* h) *Sonkal Yop Taerigi*

5) Describe the following blocks:

a) *An Makgi* b) *Bakat Makgi*

c) *Anuro Makgi* d) *Bakuro Makgi*

e) *An Palmok Makgi* f) *Bakat Palmok Makgi*

6) Name the six factors involved in producing power