



Green Belt / 6th Kup - Theory



Green Belt – Green signifies the plant's growth as Tae Kwon-do skills begin to develop

Won-hyo – is named after the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD

28 movements

Stance (Sogi)

Closed ready stance 'A' – Moa Junbi Sogi 'A'

Bending ready stance – Goburyo Sogi

Fixed Stance – Gojang Sogi

Block (Makgi)

Wedging block – Hechyo Makgi

Circular block - Dolli Myo Makgi

Forearm Guarding block – Pollmok Daebi Makgi

Punch (Jirugi)

Side punch – Yop Jirugi

Vertical punch – Sewo Jirugi

Upset punch – Dwijibo Jirugi

Kick (Chagi)

Back kick – Dwit chagi

Front kick – Ap chagi

Strike (Taerigi)

Inward Knifehand Strike – Anaero Sonkal Taerigi

3 Step Sparring – Sambo Matsoki

Back heel - Dwit Chook

Foot sword - BalKal

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts





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3 Step Sparring

*Attacker - always starts right leg back, walking stance, low block
Then performs 3 punches whilst walking forward*

1 - 4 . Defence - Step back with **right leg** and perform the following

Number 1

Right leg back, walking stance, **middle inner forearm block x 3**

Counter - Middle reverse punch

Number 2

Right leg back, L stance, **middle inner forearm block x 3**

Counter - Move left foot across to the right slightly and forward , left hand knife hand strike to the neck

Number 3

Right leg back, L stance, **inward outer forearm block x 3**

Counter - step left foot across to the left, middle turning kick with right foot, land foot to foot (right to left), then left foot back in L stance forearm guarding block at 30°

Number 4

Right leg back, L stance, **knifehand guarding block x 2**, on 3rd step back then **right leg slide 45° to right knifehand guarding block**

Counter - middle front snap kick - walking stance double punch

WHAT IS A PATTERN?

A set of fundamental movements, mainly defence and attack, set in a logical sequence against 1 or more imaginary opponents

WHY DO WE PERFORM PATTERNS?

To learn sparring techniques, stances, breath control, muscle toning and to learn when to relax and tense muscles at the correct time. As well as to correct and improve facing and to practice other techniques that are not possible in other areas of training

WHY DO WE LEARN PATTERN MEANINGS?

Pattern interpretations are derived from people and events in Korean history and show one or more of the tenets to give us inspiration

WHY ARE THERE 24 PATTERNS?

The founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the Earth and believed that some people should strive to leave a good spiritual legacy to coming generations. Founder says:

"Here I leave Tae Kwon-do for mankind. As a trace of a man of the late 20th century, the 24 patterns, on day or all of my life"

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