

# GREEN BELT

## (6<sup>TH</sup> KUP)

## **TENETS OF TAE KWON-DO**

- COURTESY:** To be polite to everyone. You must always be courteous to your Instructors, seniors and fellow students.
- INTEGRITY:** To be honest with yourself. You must be able to define the difference between right and wrong.
- PERSERVERANCE:** To achieve a goal. Whether a higher grade or a new technique, you should never stop trying.
- SELF CONTROL:** To always be in control of your actions. You must be able to live, work and train within your capabilities.
- INDOMITABLE SPIRIT:** To show courage when you and your principles of pitted against overwhelming odds. You should do your utmost to never give up

## **THE FOUNDATION OF TAE KWON-DO**

Tae Kwon-Do was inaugurated in South Korea on 11<sup>th</sup> April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9<sup>th</sup> Degree Black Belt (1918-2002).

Tae Kwon-Do was introduced into the United Kingdom in 1967.

One Martial Arts was founded in 2020.

### 1. General Terms

Back	Dwit
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### 2. Parts of the body

Foot parts	Habansin
Hand parts	Sangbansin
Back sole	Dwit Kumchi
Back heel	Dwit Chook

### 3. Stances

Vertical stance	Soojik Sogi
Closed stance	Moa Sogi
Bending stance	Goburyo Sogi

### 4. Basic Movements

#### (a) Defensive

Circular block	Dollimyo Makgi
Hooking block	Golcho Makgi
Waist block	Hori Makgi
Palm pushing block	Sonbadak Miro Makgi

#### (b) Offensive

Vertical punch	Sewo Jirugi
Side Punch	Yop Jirugi
Reverse turning kick	Bandae Dollyo Chagi
Reverse side kick	Bandae Yop Chagi
Reverse knifehand strike	Sonkal Dung Taerigi

### 5. Pattern (Tul)

Won-Hyo	28 moves
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Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

**Blue belt – signifies heaven, towards which the plant matures into a towering tree as training in Tae Kwon-do progresses.**

## Your 6<sup>th</sup> Kup Grading

Identify yourself

Combinations in line from patterns, examples:

First 2 moves of Do-San

First 3 moves of Won-Hyo

Walking stance, front snap kick reverse punch

L stance Forearm guarding block

Turning kick, knifehand strike, L stance

L stance outer forearm waist block

L stance side kick, knifehand hand guarding block

Walking stance circular block

Pattern – set by the grading examiner

Pattern – Won-Hyo

Theory – All theory up to this page.

### **Minimum training time before next grading – 3 months**

Student Notes:
