

6th Kup

Green Belt Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the new technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

Use the tick the boxes to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

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

At this grading students will also be asked to perform the instructor choice pattern

ATTACK MOVES

- Inward Knifehand Strike (Anuro Sonkal Taerigi)
- Side punch (Yop Jirugi)

DEFENCE MOVES

- Circular Block (Dollimyo Makgi)
- Forearm Guarding Block (Palmok Daebi Makgi)

STANCES

- Bending Stance (Guburyo Sogi)
- Closed Ready Stance A (Moa Junbi Sogi A)

KICKS

- Front Kick (Ap Chagi)
- Side Kick (Yop Chagi)

SPARRING & FITNESS

Combination moves from the list of kicks, blocks and attacks above

- Jab Cross – Turning kick
- 3 Step sparring – (Sambo Matsoki) Number 1, 2 and 3



THEORY

At the grading you will be asked up to 5 Theory questions from those listed on this page. As you progress through the grades you will build up your theory knowledge step by step. For children ages 11 and under please ensure you learn the pattern meaning, the belt meaning and at least 3 of the words from the list. Children of this age will be asked which words they have learned. Children aged 12 and over will be expected to learn all the words.

Of course feel free to learn as much theory as you like, this will help you as you progress to Black Belt.

- Meaning of **Won Hyo** (as on page 18)
- Number of moves in **Won Hyo** (28)
- Circular Block **Dollimyo Makgi**
- Forearm Guarding Block **Palmok Daebi Makgi**
- Inward Knifehand Strike **Anuro Sonkal Taerigi**
- Side punch **Yop Jirugi**
- Closed Ready Stance A **Moa Junbi Sogi A**
- Bending Stance **Guburyo Sogi**

MEANING OF GREEN BELT

- A Green Belt signifies the plants growth as the Taekwondo skills begin to develop.



Use this box to write notes on your progress.

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