



6th Kup



Pattern: Won-Hyo 28 Moves (outlined in full on the last page)

Won Hyo was a noted monk who introduced Buddhism into Korea in the Silla dynasty in 686 A.D.

Top Tips for performing Won-Hyo

- Moves 2/5 (Inward knife hand strike): This strike is to your "CHEST LINE" when in L-stance, so look towards the strike - approx. 45 degrees from the front.
- Move 7 (Bending ready stance): Pull into (Goburyo Sogi) like compressing a spring, executing a side piercing kick then ensure that you re-chamber before moving into the knife hand guarding block.
- Move 19 (Circular Block): Look over the top of your fist - which should be just outside the line of your shoulder. This is a double block for a low kick followed by a middle punch.

Aim to get to the next level

Tick when competent

For more details please ask your instructor



Technique to work on	Goal	
Bending Ready Stance	Hold balance, correct parallel foot shape and position of hands	<input type="checkbox"/>
Side Piercing Kick	Aim for a middle section kick in a straight line with revolving motion	<input type="checkbox"/>
Blocks	Know the correct technique for the circular block	<input type="checkbox"/>
Side Kick	Waist height with proper foot shape (both legs)	<input type="checkbox"/>
Turning Kick	Waist height with proper foot shape (both legs)	<input type="checkbox"/>
Physical		
Press ups	Be able to complete 40 proper technique press ups	<input type="checkbox"/>
Aerobic exercises	Continue with overall aerobic fitness (running, cycling, swimming)	<input type="checkbox"/>
Core strength	As previously, continue with strength exercises	<input type="checkbox"/>
Sparring	You will be asked to spar as part of the grading examination	<input type="checkbox"/>

Self Defence

As previous levels, but increase the accuracy and intensity as you progress



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2 Step Sparring (Ibo Matsoki) (1-2)

	Attack (Right leg back Guarding Block)	Defence (Parallel Ready Stance)	Leg Back
1	Walking Stance, Front Snap Kick	Walking Stance, X-Fist Pressing Block	Right
	Walking Stance, Twin Fist High Vertical Punch	Walking Stance, High Wedging Block	
		Knee Upward Kick	
2	Walking Stance, Front Snap Kick	L-Stance Low Block	Left
	Walking Stance, Back Fist High Side Strike	Walking Stance Double Forearm Block	
		L-Stance Middle Reverse Punch	

3 Step Semi-Free Sparring (Ban-Jayo Matsoki)

The attacker executes a series of attacks. The attacks are not pre-arranged as they would be with Step Sparring. Generally, one of the attacks is a kick. The defender defends of course, then the defender is allowed to counter with an attack.

Grading Theory to Revise

What is the meaning of green as in the colour of your belt

Which of the armed forces did General Choi serve in

Which of the Tenets means “Never giving up, always pushing yourself”

Remember the Korean terminology for the following

Circular Block: **Dollimyo Makgi**. The block is in a circular motion

Close stance type A: **Moa Sogi A** This is the starting position for Won-Hyo

Hooking Kick: **Golcho Chagi**

Downward/Axe Kick: **Naeryo Chagi**



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Pattern: WON-HYO Moves: 28 Ready Position: Moa Chunbi Sogi A				
			Technique	
Step	Move	Stance	English	Korean
1	to left	right Niunja	Twin forearm block	Sang Palmok Makgi
2	stay		High section inward knifehand	Nopunde Anuro Sonkal Taerigi
3	slip front ft	left Gojung	Middle section side punch	Kaunde Yop Jirugi
4	left ft to right	left Niunja	Twin forearm block	Sang Palmok Makgi
5	stay		High section inward knifehand	Nopunde Anuro Sonkal Taerigi
6	slip front ft	right Gojung	Middle section side punch	Kaunde Yop Jirugi
7	left ft to right	right Goburyo	Forearm guarding block	Palmok Daebi Makgi
8			Middle section side piercing kick	Kaunde Yop Cha Jirugi
9	land in	right Niunja	Mid sect knifehand guarding block	Kaunde Sonkal Daebi Makgi
10	forward	left Niunja	Mid sect knifehand guarding block	Kaunde Sonkal Daebi Makgi
11	forward	right Niunja	Mid sect knifehand guarding block	Kaunde Sonkal Daebi Makgi
12	forward	right Gunnun	Mid section straight fingertip thrust	Kaunde Sun Sonkut Tulgi
13	turn 270	right Niunja	Twin forearm block	Sang Palmok Makgi
14	stay		High section inward knifehand	Nopunde Anuro Sonkal Taerigi
15	slip front ft	left Gojung	Middle section side punch	Kaunde Yop Jirugi
16	left ft to right	left Niunja	Twin forearm block	Sang Palmok Makgi
17	stay		High section inward knifehand	Nopunde Anuro Sonkal Taerigi
18	slip front ft	right Gojung	Middle section side punch	Kaunde Yop Jirugi
19	rt to lt/fwd	left Gunnun	Circular block	Dollymio Makgi
20	forward		Low section front snap kick	Najunde Ap Cha Busigi
21	land in	right Gunnun	Middle section reverse punch	Kaunde Bandae Jirugi
22	stay		Circular block	Dollymio Makgi
23	forward		Low section front snap kick	Najunde Ap Cha Busigi
24	land in	left Gunnun	Middle section reverse punch	Kaunde Bandae Jirugi
25	right foot up	left Goburyo	Forearm guarding block	Palmok Daebi Makgi
26			Middle section side piercing kick	Kaunde Yop Cha Jirugi
27	land turn 270	right Niunja	Mid section forearm guarding block	Kaunde Palmok Daebi Makgi
28	left to right	left Niunja	Mid section forearm guarding block	Kaunde Palmok Daebi Makgi
End	Bring right foot back to Moa Chunbi Sogi A			