

Grading Requirements

6th Kup (Green Belt) to 5th Kup (Blue Tag)

Theory

Green represents the plant's growth as the training in Tae Kwon-do progresses.

Blue represents the heavens towards which the plant matures into a towering tree.

Won Hyo (28 movements) was a noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD .

Heel	Dwi kumchi	Side punch	Yop jirugi
Palm	Sonbadak	Upset punch	Dwijibo jirugi
		Twin upset punch	Sang dwijibo jirugi
Reverse knife-hand (ridge-hand)	Sonkal dung		
		Circular block	Dollimio maki
		Palm-heel pushing block	Sonbadak mirro maki
Closed ready stance	Moa chunbi sogi		
Fixed stance	Gojung sogi Goburyo	Back kick	Dwit chagi
Bending [ready] stance	[chunbi] sogi		
		Semi-free sparring	Banjayoo matsoki

Practice

Line work – combinations

Stepping forward – the first 3 moves of Won Hyo

Stepping backwards – knife-hand strike

Stepping forwards – turning kick, forearm guarding block

Stepping backwards – wedging block

3-step sparring (8-10)

3-step semi-free sparring (basic)

Pattern (set)

Won Hyo