

University of London Tae Kwon-Do

Grading Syllabus for 6th Kups (Green Belt)

Basics

- Right leg back and guard – on the spot – jab, reverse punch, front kick using the rear leg, kihap on the kick and return to guard, 4 times then switch the legs and repeat.

Line work

- **Forwards** Front kick, turning kick combination using the same leg and land in L-stance with guarding block.
- **Backwards** The first 3 moves of Won Hyo.
- **Forwards** Walking stance, circular block.
- **Backwards** L-stance, inwards moving outer forearm block, then knife hand strike using the same arm.
- **Forwards** Turning kick off the back leg, landing in L-stance, knife hand strike pull back to guard.
- **Backwards** Sparring style, high section outer forearm block, reverse punch pull back to guard.

Patterns

Pattern as set by the examiner
Pattern as set by the examiner
Pattern Won Hyo

Set Sparring

Adults: 3 step sparring no 8-10
Juniors: 3 step sparring no 5-6

Free Sparring

Free sparring **with** safety equipment showing light contact **and** control.

Typical Theory Questions (6th Kup)

Theory for your 6th Kup grading typically consists of 3 questions relating to the training that you have undertaken so far. Presented below are *examples* of common questions.

- (Q) What is the meaning of your pattern and how many movements does it have?
(A) Won Hyo was the noted Monk who is introduced Buddhism to the Silla dynasty in the year 686AD. The pattern has 28 moves.
- (Q) What is the Korean for side piercing kick and what part of the foot do you use?
(A) Korean for Side piercing kick is **Yop Cha Jirugi**.
- (Q) What is the Korean for the first 3 movements of Won-Hyo?
(A) Twin forearm block (**Sang Palmok Makgi**)
Inward Knife hand strike (**Anuro Sonkal Taerigi**)
Side Punch (**Yop Jirugi**)
- (Q) What is the Korean for bending stance and what is its purpose?
(A) **Guburyo Junbi Sogi**. Firstly to block, then to form a chamber for a side kick.
- (Q) What is the purpose of practising free sparring and what is the Korean for it?
(A) The Korean for free sparring is **Jayoo Matsoki**.

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(Q) Why do we twist on a punch?

(A) To increase the amount of damage delivered by the technique.

(Q) What is the Korean for a circular block and what is its purpose?

(A) **Dollimyo Makgi** is used to deflect one or two attacks and then hook and flick the attacking leg out of the way.

(Q) When was the UKTKD formed?

(A) UKTKD was formed on the 2nd February 2006

(Q) Explain what a vertical stance is.

(A) A vertical stance **Soo Jik Sogi** is like a very short L stance, used to maximise height to attack high section targets or perform downward strikes with greater power.

Remember that these are just examples of questions you *might* be asked at a grading; a student should have a good knowledge of their theory before going to grade.

Korean Terminology

Shown below are *examples* of Korean terminology relating to the grading syllabus for 6th Kups.

Note that these are just examples with regards to Korean terminology that you might be asked at a grading (in addition to terminology from previous grades).

Stances	
Soo Jik Sogi	Vertical Stance
Guburyo Junbi Sogi	Bending Ready Stance
Moa Junbi Sogi 'A'	Closed Ready Stance 'A'

New Techniques	
Sonkal Dung	Reverse Knifehand
Yop Palkup	Side Elbow Strike
Moorup	Knee Strike
Dwit Chagi	Back Kick
Anuro Sonkal	Inwards Knifehand Strike,
Taerigi, Yop Jirugi,	Middle Side Punch from
Gojung Sogi	Fixed Stance (<i>from Won Hyo</i>)

Blocks	
Sonbadak	Palm Block
Sonbadak Ollyo Makgi	Upward Palm Block
Dollimyo Makgi	Circular Block
Hori Makgi	Waist Block
Kyocha Noollo Makgi	X-fist Pressing Block

Sparring	
Ibo Matsoki	2-Step Sparring
Jayoo Matsoki	Free Sparring