

## Grading syllabus for 6th kups (Green Belts)

### 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

Fwd – front kick, turning kick combination using the same leg and land in L-stance with guarding block

Bwd – The first 3 moves of won-Hyo

Fwd – Walking stance circular block

Bwd – L-stance, inwards moving outer forearm block, then knife hand strike using the same arm

Fwd – Turning kick off the back leg, landing in L-stance, knife hand strike pull back to guard

Bwd – 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

### Step Sparring

3 step Sparring 8-10, juniors 5-6

### Free Sparring

Free Sparring with safety equipment showing contact control

### Theory:

Theory for your 6th Kup grading typically consists of 3 more questions relating to the training that you have done so far

### THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern and how many movements does it have?

**Won Hyo was the noted Monk who is introduced Buddhism to the Silla dynasty in the year 686AD, the pattern has 28 moves.**

What is the Korean for side piercing kick and what part of the foot do you use?

**Korean for Side piercing kick is Yop Cha Jirugi.**

What is the Korean for the first 3 movements of Won-Hyo?

**Twin forearm block -Sang Palmok Makgi,**

**Inward Knife hand strike Anuro Sonkal Taerigi,**

**Side Punch -Yop Jirugi.**

What is the Korean for bending stance and what is its purpose?

**Guburyo Junbi Sogi. Firstly to block, then to form a chamber for a side kick.**

What is the purpose of practising free Sparring, and what is the Korean for it?

**The Korean for free sparring is Jayoo Matsoki**

Why do we twist on a punch?

**To increase the amount of damage done.**

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

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

When was the UKTKD formed?

**UKTKD was formed on the 2nd February 2006**

Explain what a vertical stance is.

**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.