

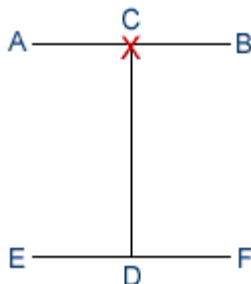
# VELLA-TAEKWONDO 6<sup>th</sup> KUP

## GREEN BELT STUDY SHEET

6<sup>th</sup> KUP - GREEN BELT STUDY SHEET Training period 3 months.

6<sup>th</sup> Kup Pattern: Won-Hyo - 28 movements.

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



**Colour Blue:** Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

### Stance

Bending Ready Stance A  
Fixed Stance  
Closed Ready Stance A  
Walking stance  
L-Stance stance

### Sogi

Goburyo Jumbi Sogi A  
Gojung Sogi  
Moa Jumbi Sogi A  
Gunnun sogi  
Nuinja sogi

When using Gojung Sogi (fixed stance) the weight must be distributed 50/50, whilst keeping the feet in an L-shape stance.

### Blocks

Middle forearm guarding block  
Inner forearm circular block  
Twin forearm block  
Middle knife hand guarding block

### Makgi

Kaunde palmok daebi makgi  
An palmok dollimyo makgi  
Sang palmok makgi  
Kaunde sonkal saebi makgi

### Punches

Middle punch

### Jirugi

Kaunde jurigi

### Strike

High inward knife hand strike

### Taerigi

Napunde annuro sonkal taerigi

### Thrust

Middle straight fingertip thrust

### Tulgi

Kaunde son sonkut tulgi

### Kick

Low front snap kick  
Middle side piercing kick

### Chagi

Najunde ap cha busigi  
Kaunde yop cha jirugi

### Sparring:

Ibo Matsoki

Two-step sparring. A combination of any hand and any foot attack in either order; (Attacker in L-Stance, defender in parallel stance).