**Green belt - 6th Kup grading syllabus**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☯ **Practical - what you need to do.**

Students need to learn and recall a Tae Kwon-Do syllabus to be able to pass a grading in order to move up the grades. Below is what is expected of the student. The knowledge needs to be maintained for the next grading as the examiner may ask the student to recall any of the previous syllabus also.

Variations of the grading format are at the examiner's discretion; this sheet is for guidance only. Answer examiners with “Sir” or “Ma’am” when spoken to.

Students need to recall all previous grading syllabus, plus:

* Identify yourself (name and grade)
* Combinations in line work for the patterns
* Pattern - set by the grading examiner (Chon-Ji, Dan Gun, Do San)
* Pattern - Won-Hyo
* 3 step sparring 8, 9 and 10.
* Semi-free Sparring (basic level)
* Theory - all theory up to 6th Kup grade.

There is less prescriptive line work. The grading examiner will ask students to perform moves from the previous and current pattern. They may ask the students to perform groups of kicks. As the students develop skill, they are expected to be more independent.

☯ **Theory - what you need to say.**

The Korean language is challenging. We are not teaching students to be fluent in the art of the Korean language but to know technical phrases. The Korean language is ancient and has been influenced by many other cultures and languages, such as Japanese, Chinese and the West. The pronunciation can be challenging for younger students (to say the least) and there are disagreements as to the pronunciation of some words. I would suggest asking a higher-grade student or the instructor as to how to say certain words if you are finding it difficult.

Students need to recall all previous grading syllabus, plus learn the Korean terminology for the new techniques taught, belt colour and patterns.

**Blue Belt** -Signifies heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

**Won Hyo -** was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

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| **General** |  |  |  | **Parts of the body** |  |
| BackCircular blockHooking blockWaist blockPalm pushing blockVertical punchSide punchReverse turning kickReverse side kickReverse knife hand strike | DwitDollimyo MakgiGolcho MakgiHori MakgiSonbadak Miro MakgiSewo JirugiYop JirugiBandae Dollyo ChagiBandae Yop ChagiSonkal Dung Taerigi | Vertical stanceClosed stanceBending stance | Soojik SogiMoa SogiGoburyo Sogi | Foot partsHand partsBack soleBack heel | HabansinSangbansinDwit KumchiDwit Chook |

**When was the TAGB formed? 1983 on a bus outside the Granby halls in Leicester.**

**What is 3 step sparring?**

Three step sparring is designed for the beginner to learn the basic techniques. It teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

8. Right leg back 'L' stance, middle knife hand block to the inside two times.

Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block. Execute a right side kick landing in left 'L' stance, right front back fist strike or knife hand strike to the neck.

9. Right leg back 'L' stance, middle palm pushing block to the outside three times.

Counter attack = Slide back at a 45 degree angle to the outside of your opponent into a right 'L' stance with a knife hand guarding block. Execute a right mid section turning kick, put the kicking foot behind the opponent's front foot landing in vertical stance while executing a knife hand strike to the neck.

10. Right leg back 'L' stance, middle knife hand block to the inside two times.

Counter attack = Move right foot to left foot pushing off left foot, slide back at a 45 degree angle into a right 'L' stance with a knife hand guarding block. Execute a reverse side kick, land in a right walking stance whilst executing a left hand reverse knife hand strike to the philtrum.

**Won Hyo**

**Number of Movements: 28**

**Starting Position:** Closed ready stance A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D
8. Execute a middle side piercing kick to D with the left foot
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger-tip
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block
17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist
25. Turn the face toward C forming a left bending ready stance A toward C
26. Execute a middle side piercing kick to C with the right foot
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm
28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm

**END:** Bring the right foot back to a ready posture

**THREE STEP SEMI-FREE SPARRING Basic level (BAN JAYOO MATSOKI)**

Attacking students start in right L stance, guarding block.

Defending students start in parallel stance.

This is a development from the three-step sparring as the movement can be more unpredictable even though, each move is set.

Focus, distance and timing are therefore more important to match your opponent’s moves.

Basic Level

Attack = Kicking with back leg first, front kick, side kick, turning kick aiming at the middle section.

Defence = A waist block to meet the kick.

Counter = Reverse punch.

Each student should kihap to show they are ready to attack or defend.