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**6th kup**

**Grade from Green Belt to Blue ends.**

**Belt Colour – Blue Belt.**

Blue Belt signifies the heaven towards which the plant matures into a towering tree as the training in Taekwon-Do progresses.

 **Pattern: -** Won Hyo

**Meaning:**

Won Hyo was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686AD.

**Pattern information:**

The pattern consists of 28 movements.

**The new movements introduced in this pattern are:**

 Close Ready Stance (A) - Moa Junbi Sogi (A)

 Knifehand Inward Strike - Sonkal Anaero Taerigi

 Fixed Stance, Side Punch - Gojan Sogi, Yop Jirugi

 Bending Ready Stance, Forearm - Goburyo Sogi, Palmok Daebi Guarding Block Makgi

 Side Kick, Knifehand Guarding Block - Yop Chagi, Sonkal Daebi Makgi

 Circular Block, Front Snap Kick, - Dollimyo Makgi, Ap Cha Busigi Reverse Punch Bandae Jirugi

**Techniques:**

The Korean terminology for the following techniques, and the parts of the body needed to execute them should be known.

**Hand Techniques:**

 Bare Hand Strike - Gomson Taerigi

Side Fist - Yop Joomuk

**Blocks:**

 Palm Heel Waist Block - San Badak, Hiro Makgi

 Inward Outer Forearm Block - Anaero Badak Palmok Makgi

 Twin Straight Forearm Block - Sang Sun Palmok Makgi

 Hooking Block - Golcho Makgi

 Inward Waist Block - Anaero Hiro Makgi

**Breaking**

Breaking is introduced at this grade as a grading requirement. You will be asked to measure up (but not break) using any or all of the following techniques.

Side Kick/ Turning Kick/ Elbow

The object of this exercise is to show the examiner that your are able to perform the technique correctly, and that your are focusing the kick/ strike using the proper striking tool. As a point of etiquette always remember to bow to the examiner and the breaker stand before you start and after you finish breaking.

**Techniques**

The basic techniques required will be similar to those of the previous grading. However, more emphasis may be placed on the combinations involving reverse kicks, kicks off front leg and jumping kicks. A few examples of these are given below:

Front Snap Kick off front leg/ Obverse Hooking Kick/ Obverse Punch/ Reverse Punch

Side Kick/ Jumping Side Kick

Downward Kick/ Obverse Punch/ Reverse Punch

**Sparring:**

Three Step

Three Step Semi Free

Two Step Semi Free

Free Sparring

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