6th Gup Green to 5th Gup High Green

|  |
| --- |
| Pattern: |
| Won-Hyo |
| Line Techniques/Motions:  Techniques will be listed by stance, technique, height, then tool, in English, then Korean  \* = requires jump change |
| 1. L-stance high knife-hand inward strike 2. Niunja so nopunde anuro sonkal taerigi 3. Fixed stance middle section punch 4. Gojung so kaunde jirugi 5. Walking stance inner forearm circular block 6. Gunnun so an palmok dollimyo makgi 7. L-stance middle guarding block 8. Niunja so kaunde daebi makgi 9. (L-stance) lead leg hook kick 10. (Niunja so) ap dari huryeo chagi 11. (Lead leg) hook kick (rear leg) 12. (Niunja so) huryeo chagi 13. (L-stance) tornado style back (piercing) kick\* 14. (Niunja so) dolgae dwitcha jirugi 15. (L-stance) Twisting kick 16. (Niunja so) Bituro chagi 17. (L-stance) Flying turning kick 18. (Niunja so) twimyo dollyo chagi 19. (L-stance) front kick, flying front kick (same leg using front kick as a step) 20. (Niunja so) apcha busigi, twimyo apcha busigi 21. (L-stance) (inward) crescent kick; back (piercing) kick (combination)\* 22. (Niunja so) (anuro) bandal chagi; dwitcha jirugi (honap)\* 23. (L-stance) reverse front elbow strike, sparring style (return to fighting stance)\* 24. (Niunja so) bandae ap palkup taerigi, baro matso\* |
| Balance Techniques: |
| 1. 3-part hook kick (rear leg) 2. Bending ready stance A, side kick (one technique per count) |
| Target Techniques: |
| 1. Inward crescent kick *on clapper pad* 2. Outward crescent kick *on clapper pad* 3. Turning kick with the instep 4. Turning kick with the ball of the foot 5. Flying side kick (gold belt force shield technique)\* |
| Force Shield Techniques: |
| 1. Skip side kick\* 2. Back (piercing) kick 3. Obverse high inward strike with the knife-hand |
| Sparring: |
| Step Sparring:  Create 5 advanced 2-step routines of your own (2 steps, at least 2 counter attacks)  Free Sparring:   1. Point sparring with pads |
| Self Defense (Hosin Sul) |
| Release/throw:   1. Spin and drop throw from a single lapel grab   Break Falls:   1. Front diving roll (left and right shoulders, to standing position) |
| Breaking (all ages required to break): |
| Hand Technique:   1. Downward strike with the knife-hand   Foot Technique:   1. Side kick (rear leg) 2. Flying high/Flying front kick (This is a Phoenix Group Standard.) |
| New Terms: |
| |  |  | | --- | --- | | **English** | **Korean** | | High knife-hand inward strike | Napunde anuro sonkal taerigi | | Fixed stance | Gojung sogi | | Innerforearm circular block | An palmok dollimyo makgi | | Hook kick | Huryeo chagi | | Stepping | Gamya | | Twisting kick | Bituro chagi | |
| History: |
| * Oral test given by judge on technique, all previous history, new pattern history and details about the form * Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch) * Know the “New Terms” listed above   Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar user name; make sure you get the correct one). Go to the “Classes” tab and select the Intermediate Class. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab. |

\*Requires jump change

\*\*\*Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.