



6TH KUP



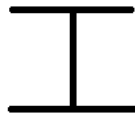
YOU MUST KNOW EVERY THING FOR PREVIOUS GRADES.
DO NOT FORGET WHAT YOU'VE ALREADY LEARNT!

PATTERN: Won Hyo

Number of moves: 28

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

Diagram:



Ready Position: Moa Chunbi Sogi A

3 STEP SPARRING: NUMBERS 8-10

SEMI FREE SPARRING: BASIC LEVEL

GENERAL QUESTIONS:

What does the colour blue signify? Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

Why do we do BAN JAYOO MATSOKI (3-step semi free sparring)? Ban Jayoo Matsoki is designed as step forward from basic 3 step sparring (Sambo Matsoki). It develops skills which will lead to free sparring abilities.

KOREAN:

3-Step Semi-Free Sparring.....	Ban Jayoo Matsoki
Side Punch.....	Yop Jirugi
Fixed Stance.....	Gojong Sogi
Bending Ready Stance.....	Goburyo Sogi
Closed stance.....	Moa Sogi
Circular Block.....	Dollymio Makgi
Palm Pushing Block.....	Sonbadak Miro Makgi
Reverse Knifehand (Strike).....	Sonkal Dung (Taerigi)