

# Green Belt / 6th Kup - Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

## Practical

Combinations in line from Patterns  
 Pattern - set by the grading examiner  
 Pattern – Won Hyo  
 3 Step Sparring - numbers 8, 9 & 10  
 Semi-free Sparring (basic level)

### THREE STEP SPARRING (SAMBO MATSOKI)

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

8. Right leg back 'L' stance, middle knifehand 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 knifehand 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 knifehand 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 knifehand strike to the neck.*
10. Right leg back 'L' stance, middle knifehand 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 knifehand guarding block. Execute a reverse side kick, land in a right walking stance whilst executing a left hand reverse knifehand strike to the philtrum.*

## Korean Terms

|                                 |                     |
|---------------------------------|---------------------|
| <b>2 Step Sparring</b>          | Ibo Matsoki         |
| <b>Back</b>                     | Dwit                |
| <b>Back Heel</b>                | Dwit Chook          |
| <b>Back Sole</b>                | Dwit Kumchi         |
| <b>Bending Ready Stance 'A'</b> | Goburyo Sogi        |
| <b>Circular Block</b>           | Dollymio Makgi      |
| <b>Closed Ready Stance 'A'</b>  | Moa Junbi Sogi 'A'  |
| <b>Foot parts</b>               | Hanbansin           |
| <b>Hand parts</b>               | Sangbansin          |
| <b>Hooking block</b>            | Golcho makgi        |
| <b>Knee Kick</b>                | Moorup Chagi        |
| <b>Reverse turning kick</b>     | Bandae dollyo chagi |
| <b>Side Punch</b>               | Yop Jirugi          |
| <b>Sparring</b>                 | Matsoki             |
| <b>Vertical punch</b>           | Sewo jirugi         |
| <b>Vertical Stance</b>          | Soojik Sogi         |
| <b>Waist Block</b>              | Hori Makgi          |

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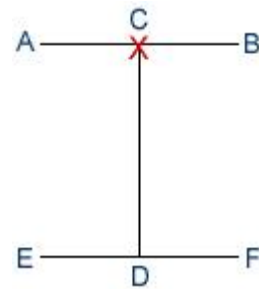
## Pattern - Won-Hyo

Number of Movements: 28

### Meaning of Won-Hyo:

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD

Starting Position: Closed ready stance A



- 1. Twin forearm block (L-stance)**  
Move the left foot to B forming a right L-stance toward B while executing a twin forearm block
- 2. Inward knife-hand strike (L-stance)**  
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. Middle punch (fixed stance)**  
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. Twin forearm block (L-stance)**  
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. Inward knife-hand strike (L-stance)**  
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. Middle punch (fixed stance)**  
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. Bending stance**  
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. Side piercing kick (land L-stance)**  
Execute a middle side piercing kick to D with the left foot
- 9. Knife-hand guarding block (L-stance)**  
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. Knife-hand guarding block (L-stance)**  
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. Knife-hand guarding block (L-stance)**  
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. Sun Sonkut Tulgi (walking stance)**  
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. Twin forearm block (L-stance)**  
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. Inward knife-hand strike (L-stance)**  
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. Middle punch (fixed stance)**  
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. Twin forearm block (L-stance)**  
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. Inward knife-hand strike (L-stance)**  
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. Middle punch (fixed stance)**  
Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F

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19. **Circular block (walking stance)**  
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. **Low section front snap kick**  
Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19
21. **Middle punch (walking stance)**  
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. **Circular block (walking stance)**  
Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C
23. **Low section front snap kick**  
Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22
24. **Middle punch (walking stance)**  
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. **Bending stance**  
Turn the face toward C forming a left bending ready stance A toward C
26. **Side piercing kick**  
Execute a middle side piercing kick to C with the right foot
27. **Guarding block (L-stance)**  
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. **Guarding block (L-stance)**  
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 block to A with the forearm

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