

6th Kup - Grading to Blue Stripe

Line Work:

- *Walking stance circular block, front kick (knee spring) reverse punch [forward only]*
- *Bending Ready Stance, Side piercing kick into Knife-hand Guard [forward only]*
- *Twin forearm block, inward KH strike, side punch in fixed stance [forward & backward]*

Physical Conditioning:

- Perform 15 push ups, sit ups, squats & burpees + 45 sec plank

Pad Work 5: (see full technique explanation - Page 27-28)

- Hooking Kick (on Paddle pads)
- Defensive Side Kick (on kick shield)

Pattern:

- *Won-Hyo*

Sparring:

- *Free Sparring*

Pre-arranged Sparring: 3-step Sparring (see full technique explanation - Page 33)

Repeat of No 1 [low block] & No 2 [middle block] *but to increased standard; greater power, accuracy and speed.*

Self Defence No 5: (see full technique explanation - Page 31)

Attack: Straight Punch at very close range (target - nose)

Defence: Left leg drops forward into L-Stance (head to outside) whilst left hand parries and right hand performs inward knifehand strike to the neck simultaneously.

Breaking (Power Test): *Front Elbow Strike*

Theory: You will be asked a range of questions from those listed below. Young children may learn just key words.

History/Culture:

- What is the meaning of Won Hyo? *Won Hyo was the noted monk who introduced Buddhism into the Silla dynasty in 686 AD.*
- How many movements are there in Won Hyo? *28*

Korean Terminology

- Front Elbow Strike: *Ap Palkup Terigi*
- Knifehand Guarding Block: *Sonkal Daebi Maki*
- Circular Block: *Dollimyo Maki*
- Bending Ready Stance: *Goburyo Sogi*
- Hooking kick – *Golcha chagi*

Technical Knowledge:

- What is the use of a circular block? *It has 2 uses, the 1st is to block a low technique then a high(e.g., front kick then turning), the 2nd is to block and scoop the leg.*
- Which part of the foot is for a Hooking kick? *Rear Heel (Dwit Bal)*
- What are the commands used during free sparring?
 - *Chumbi – Ready*
 - *Shijak – Begin*
 - *Haechyo – Separate*
 - *Gaesok – Continue*
 - *Goman – Stop/End*

What are the target areas allowed in free sparring? *Anywhere on the front of the body and head, above the waist. No shots are allowed below the belt, or to the back of the opponent.*