

6th Kup Green Belt



Scan the QR code in the top right for more grading information.

A licence/renewal costs £42 for 12 months.

The cost per grading is £36. TAGB White Dobok suits must be worn for grading

Pattern - Won Hyo

PRACTICAL: Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.

Examiner's Choice Pattern

3 Step Sparring (8 9 10)

3 Step Semi Free Sparring (Basic)

Free Sparring (you need your own TAGB sparring kit)

The most important thing at grading is to LISTEN to instructions; they may be done in any order. Everyone makes mistakes, it's how you deal with them that counts!

THEORY: You will be asked any 3 questions from the following...

Questions from the theory are below. Any previous grading theory could also be asked:

Interpretation of pattern Won Hyo

Won Hyo, 28 movement pattern - was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

Meaning of Blue Belt

Blue belt signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Korean Terminology required:

Vertical Stance **Soojik sogi** Closed ready stance 'A' **Moa junbi sogi** 'A'

Bending ready stance 'A' **Goburyo junbi sogi** 'A' Fixed stance **Gojung sogi**

Forearm circular block Palmok dollimyo makgi **Palm pushing block** Sonbadak miro makgi

Side punch Yop **jirugi** Reverse Knife-hand strike **Sonkal dung taerigi**

Flat fingertip thrust **Opun sonkut tulgi** Side piercing kick **Yopcha jirugi**

Reverse turning kick **Bandae dollyo chagi** Free sparring **Jayoo matsoki**

Semi-free sparring **Ban jayoo matsoki** Back heel **Dwit chook**

Back sole **Dwit kumchi**

✉ info@1st-taekwondo.com

🌐 1st-taekwondo.com

☎ 07974 813922

Find us on 
@EastNorthants1stTaekwondo

