

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 6th Kup – Green Belt

Practical

Do San
Won Hyo
Semi Free Sparring
Free Sparring

Destruction:

Back Kick (Right & Left Measure, Attempt Students Choice)
Turning Kick (Right & Left Measure, Attempt Students Choice)
Outwards Knife Hand Strike (Right & Left Measure, Attempt Students Choice)

Theory

What is the meaning of Won Hyo?

28 movement pattern - Was the noted monk who introduced Buddhism to the Silla dynasty in the year 686AD.

What is the meaning of Blue Belt?

Blue belt signifies the heaven towards which the plant matures into a towering tree, as training in Taekwon-Do progresses.

Describe Closed Stance?

The toes and heel of both feet are placed together. The weight ratio is 50/50.

Describe Fixed Stance?

The feet are in the same position as 'L' stance. One and a half shoulder widths in length. The front heel should be placed beyond the heel of the rear foot at a distance of 2.5 cm to gain stability. The weight ratio is 50/50. Front foot and rear foot should be turned in 15 degrees.

Describe Bending Stance?

This stance serves as a preparation for side and back kicks, although it is frequently used for defence techniques. The weight is on one leg with the knee slightly bent, the free leg is also bent with the foot placed near the knee of the weight bearing leg.

What is free sparring?

The purpose of free sparring is to help develop fighting ability by experimenting with different techniques and combinations to specific target areas. By attacking and defending in a controlled manner, students will put into practice what they have learnt so far.

Terminology

General

Free sparring
Start

Jayoo matsoki
Si Jak

Stances

Closed ready stance 'A'
Fixed stance
Bending Ready Stance 'A'

Moa junbi sogi 'A'
Gojung sogi
Goobooryo junbi sogi 'A'

Attacks

High inward knife-hand strike
High outward knife-hand strike
Reverse elbow strike
Side punch
Side piercing kick

Nopunde anuro sonkal taerigi
Nopunde bakuro sonkal taerigi
Bandaek palkup taerigi
Yop jirugi
Yopcha jirugi

Defences

Forearm circular block
Waist block

Palmok dollimyo makgi
Hori makgi

