



## 6th gup Green –5th gup High Green Belt Training Sheet —Know all previous techniques!

### Definitions

#### *Won-Hyo:*

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. (28 movements)

#### *Definition of Speed*

Speed is the travel time of a striking point to the target. Speed is the most essential element of power. Without speed none of the other elements are useful. You must be relaxed to be fast, both mentally and physically.

#### *Definition of Balance*

Balance is maintaining your center of gravity. The student must remain flexible but stable.

#### *Definition of Perseverance*

To hold a course of action without giving way. Never stop trying to achieve a goal.

### Kicks and Foot Techniques

- Side kick from a “bending, guarding” stance
- Scissor action downward kick
- Jumping back kick (shield)
- Crescent kick—outside to inside
- Spinning hook kick (360-degree turn)

### Hand Techniques

- Circular middle block/throw
- Lunging punch (fixed and L stance)
- Knife hand strike, bringing other hand in front of chest
- Ridge hand (striking paddle)

### Stances

Fixed stance: Feet form an “L.” This stance has a weight distribution of 50/50, and is slightly longer than an “L” stance (prepare to do any technique in fixed stance that you perform in “L” stance).

Demonstrate “bending, guarding block.”

### Patterns

#### *Won-Hyo*

*All previous patterns and kibons*

### Technical Knowledge

Definition of Won-Hyo

Definition of speed

Definition of balance

Definition of perseverance

All previous knowledge and definitions

### Self Defense

All previous self defense techniques

Against a grab/punch combo

Against a frontal hair grab

### Sparring

One steps (minimum of 4—one with a jumping kick, one with a spinning kick, at least one with an approved takedown)

Free sparring (no contact)

### Breaking

Techniques and number of boards will be determined by the testing board

Plan on being asked to break with any of your required foot techniques