


Green Belt ▷ Blue Tag

A **Green Belt** signifies the plant's growth as Taekwon-Do skills begin to develop.

Won-Hyo: was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD

Number of movements = 28

Diagram = 

Fundamentals - stepping forward

Circular Block - Walking Stance x4 (*turn to L Stance Guarding Block*)

Outer Forearm Inward block - L Stance x4 (*turn to LSGB*)

Twin Forearm Block, Inward Knifehand - L Stance x4 (*turn to LSGB*)

Bending Ready Stance, Side Kick,
- L Stance Knifehand Guarding Block x4

3 Step Sparring

Attack - L Stance Punch x3

Defence - L Stance Inward Block x3
Counter attack - Backfist Side Strike

Theory Questions

Pattern name and meaning

Meaning of belt colour

Bending Ready Stance

Fixed Stance

Close Ready Stance A

Knifehand High Inward
Strike

Circular Block

Side Piercing Kick

Back Piercing Kick

Turning Kick

3 Step Semi Free Sparring

Footsword

Guburyo Junbi Sogi

Gojang Sogi

Moa Junbi Sogi A

Sonkal Nopunde Anuro
Taerigi

Dollymyo Makgi

Yop Cha Jirugi

Dwit Cha Jirugi

Dollyo Chagi

Ban Jayoo Matsogi

Balkal

Grading Test - 6th Kup

• Patterns

Chon-Ji to Won-Hyo

• Fundamentals

• Self Defence

Release from arm grab

• Padwork

Double Turning Kick (mid/high) x3
- left & right

Reverse Turning Kick x3 left & right

• Sparring

3 Step Sparring

3 Step Semi Free Sparring

Free Sparring

• Power Test

Side Kick (other leg)

• Theory Questions

