
















## REQUIREMENTS FOR 5<sup>TH</sup> KUP GRADING

### Green Blue Stripe Belt



#### Tip work for juniors is as follows:

*Note: Adults can use this as a guide towards preparation for their grading.*

-  First 3 moves from Won-Hyo, Name of new pattern? – Won-Hyo
-   How many moves in Won-Hyo – 28, Bending ready stance
-    Circular block, 2 step sparring.
-     Side kick breaking, Half of Won-Hyo.
-      Sparring and pattern Won-Hyo

The grading will be as follows:

1. Presentation and etiquette
2. L Stance twin forearm block
3. Walking stance circular block
4. L stance knife hand strike
5. Side kick and turning kick on a pad
6. Dan Gun, Do San and Won Hyo
7. 2 step sparring
8. Pad routine No 1, No 2 and No 3
  - Guarding stance – Jab, Cross, Jab – Left Right Left
  - Guarding stance – Cross, Hook, Cross – Right Left Right
  - Guarding stance – Hook, Cross, Hook, Cross – Left Right Left Right
9. Breaking side kick left and right leg
10. Free Sparring
11. Questions

The following questions will need to be learned before progressing.

- ❖ Ready Stance for Won Hyo – Moe Junbi Sogi 'A' (Close ready stance A)
- ❖ How many moves are in Won Hyo? 28
- ❖ What is the Meaning of Won Hyo?
  - *Won Hyo was the monk who introduced Buddhism to the Silla dynasty in 686 A.D.*
- ❖ Name the following in Korean?
  - Circular Block – *Dollimyo Makgi*
  - Twin Forearm Block – *Sang Palmok Makgi*
  - Straight Fingertip Thrust - *Sun Sonkut Tulgi*