

# BRIDGNORTH TAE KWON-DO



## Required Theory: 6<sup>th</sup> Kup: Green Belt to Blue Stripe

*(Korean terms are in brackets and italics).*

### Significance of Colours on Belts

GREEN signifies the growth of the plant as Tae Kwon-Do skills begin to develop.

BLUE signifies the heaven towards which the plant matures into a towering tree as Tae Kwon-Do training progresses.

### Movements

- Closed stance A: *(Moa sogi A)*
- Fixed stance: *(Gojung sogi)*
- Bending ready stance: *(Goburyo junbi sogi)*
- Twin forearm block: *(Sang palmok makgi)*
- Knife hand guarding block: *(Sonkal daebi makgi)*
- Circular block: *(Dollimyo makgi)*
- Waist block: *(Hori makgi)*
- Middle section reverse punch: *(Kaunde bandae jirugi)*
- Middle section side punch: *(Kaunde yop jirugi)*
- High inward knife hand strike: *(Nopunde anuro sonkal taerigi)*
- Straight fingertip thrust: *(Sun sonkut tulgi)*
- Twin vertical punch: *(Sang sewo jirugi)*
- Middle side piercing kick: *(Kaunde yop cha jirugi)*
- Hooking kick: *(Goro chagi)*
- Twisting kick: *(Bituro chagi)*
- Jumping: *(Twiggi)*
- Flying: *(Twimyo)*
- Semi free sparring: *(Ban-jayoo matsoki)*
- Free sparring: *(Jayoo matsoki)*
- Two step sparring: *(Ibo matsoki)*

### Pattern Meaning

Won Hyo (28 moves) is named after the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

*\*\*\* The GTI Handbook contains more detailed theory information and is available to purchase.*

*The examiner may ask any question, not limited to those on this sheet.*

*You must ALWAYS revise theory from previous belts. \*\*\**