

Grading Syllabus

Green Belt to Blue Stripe

- 1** Walking Stance Circular Block, Front Kick "Spring" Reverse Punch forwards only
- 2** Bending Ready Stance Side Kick off front leg, no stepping forwards from L stance guarding block
- 3** Twin Forearm Block Inward Knife Hand Strike L stance, punch in fixed stance, forwards and backwards
- 4** Won-Hyo
- 5** On pads - Turning Kick Reverse Turning Kick
- 6** Fitness Test 2 - 6 min run, 40 push up in 2 mins, 40 sit ups in 2 mins
- 7** On kick shields - Defensive Side Kick
- 8** Free Sparring
- 9** Power test - Elbow Strike
- 10** Questions

1. What is the meaning of Won-Hyo? - Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in 686AD

2. How many moves in Pattern Won-Hyo? - 28

3. What is the Korean term for Instructor (1st-6th Degree)? - Sabum Nim

4. Commands for free sparring? - Seja - Start Hetcho - Stop

5. Commands for starting and ending classes? - Chariot – Attention. Kyong Ne – Bow. Joonbi – Ready

6. Korean for red and blue? - Red - Hong. Blue - Chong