



6th KUP (Green Belt) Theory

GENERAL TERMS - ENGLISH	GENERAL TERMS - KOREAN
Back	DWIT

PARTS OF THE BODY - ENGLISH	PARTS OF THE BODY - KOREAN
Foot Parts	HABANSIN
Hand Parts	SANGBANSIN
Elbow	PALKUP

STANCES - ENGLISH	STANCES - KOREAN
Bending Stance	GUBURYO SOGI
Fixed Stance	GOJONG SOGI
Closed Ready Stance A	MOA CHUNBI SOGI A

DEFENSIVE MOVES - ENGLISH	DEFENSIVE MOVES - KOREAN
Forearm Guarding Block	PALMOL DAEBI MAKGI
Circular Block	DOLLYMIO MAKGI
X-Fist Pressing Block	KYOCHA JOOMUK NOOLYO MAKGI
Upward Palm Block	OLLYO SONBADAK MAKGI
Waist Block	HORI MAKGI

OFFENSIVE MOVES - ENGLISH	OFFENSIVE MOVES - KOREAN
Inward Knifehand Strike	ANAERO SONKAL TAERIGI
Twin Vertical Punch	SANG SEWO JIRUGI
Side Elbow Strike	YOP PALKUP TAERIGI
Reverse Side Kick	BANDAE YOP CHAGI

PATTERN	PATTERN
28 MOVES	WON - HYO

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SPARRING - ENGLISH	SPARRING - KOREAN
Free Sparring	JAYO MATSOKI
Three Step Semi-Free Sparring	SAMBO BANJAYO MATSOKI
Two Step Sparring Sequences 1 & 2	IBO MATSOKI

What is the meaning of **Blue** belt?

- Blue signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses

What is the meaning of **WON-HYO**?

- WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Why **Two Step Sparring**?

- Two Step Sparring is designed for the intermediate student to practice more advanced techniques whilst still maintaining the same distance and timing as in Three Step but with more varied techniques thus allowing the student to develop various combinations. All attackers start in right L Stance Forearm Guarding Block and all defenders start in Parallel Ready Stance

Name **Four** Foot Parts?

ENGLISH	KOREAN
Ball of Foot	AP KUMCHI
Footsword	BALKAL
Instep	BALDUNG
Back Heel	DWIT CHOOK

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Name **Five** Hand Parts?

ENGLISH	KOREAN
Knifehand	SONKAL
Palm	SONBADAK
Finger Tips	SONKUT
Forefist	AP JOOMUK
Back Fist	DUNG JOOMUK

What is the meaning of **Blue** belt?

- Free sparring is when two students are allowed to practice controlled kicking and punching against each other. Each student is trying to land a successful strike or kick to specific targets on their opponent, whilst keeping their own defences tight. Safety equipment must always be worn. This type of sparring must only be carried out under supervision of a qualified instructor.
- Both students start in a right L-stance forearm guarding block. Tournament sparring must be seen purely as the sport side of Taekwondo and not confused with self-defence, it is totally different and must be approached in a totally different manner.
- To be a competent tournament fighter certain skills have to be developed such as speed, stamina, timing, balance and flexibility. Most students when they attempt tournament sparring for the first time tend to attack without thinking about a good tight defence.
- Even when all the skills have developed it still does not guarantee success, as with most things there is no substitute for experience.

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