

Green Belt - 6th Kup

Pattern: Won Hyo (tul means pattern)

No of Movements: 28 **No of Stances:** 5

Meaning of Won Hyo

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

The meaning of Green:

Green signifies the plants growth as Tae Kwon-Do skills begin to develop.

The meaning of Blue:

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

Parts of the body

Foot parts Habansin

Hand Parts Sangbansin

Back Sole Dwit Kumchi

Back Heel Dwit Chook

Pattern Won Hyo

WS = walking stance

RH = right hand

RL = right leg

LS = L stance

LH = left hand

LL = left leg

The pattern moves

- Moa junbi sogi A (feet together)
- LS to the left, 1st 3 moves of won hyo,
- LL to RL
- LS to the right, 1st 3 moves of won hyo
- RL back into T stance.
- LL into bending ready stance
- LL side kick land knife hand guard LS
- Forward knife hand guard LS
- Forward knife hand guard LS
- Forward straight fingertip thrust in WS
- Move LL spin backwards into LS, 1st 3 moves of won hyo
- Move LL to RL step RL into LS, 1st three moves of won hyo.
- RL in LL out circular block, straighten up, snap kick land WS reverse punch.
- On the spot circular block, straighten up, snap kick land WS reverse punch.
- Bending ready stance off the back leg (RL) side kick.
- Land feet together spin backwards and forearm guard to the left then step together forearm guard to the right.
- Right leg back to ready (moa junbi sogi A)

1st three moves of Won Hyo

LS twin forearm block, top hand makes an inward knife hand strike to the neck, front fist comes back to the chest. Touch your belt with the hand that's in a fist and side punch as you slide into fixed stance.

Circular block with the reverse hand, needs a good walking stance with the fist pointing to the front corner of the room, just slightly lower than the shoulder and back shoulder towards the back corner of the room.

Sparring terms

Ban Jayoo Matsoki 3 step semi free sparring

What is 3 step semi-free sparring?

This form of sparring is designed as a step forward from basic 3step sparring. It involves three consecutive attacks and three blocks or evasions, plus a counter attack.

3 Step Sparring ~ Sambo Matsoki

All attacks are: *right leg back, low block, walk forwards and punch 3 times.*

Ready to Attack – Kihap

The Defence for:

8. Right leg back

L stance

Middle knife hand block x 2

Slide back at a 45 degree angle by moving the right leg behind into a right L stance with a knife hand guarding block.

Right side kick, land in front in L stance with a back fist downward strike to the nose ~

Kihap

9 Right leg back

L stance

Middle palm pushing block x 3

Move left foot into walking stance.

Turning kick with right foot to the floating rib, landing in front with L stance.

Bring left foot into vertical stance as you perform a knife hand strike to the back of the neck.

10 Right leg back

L stance

Middle Knife hand block x 2

Slide back at a 45 degree angle by moving the right leg behind into a right L stance with a knife hand guarding block.

Right leg reverse side kick, land walking stance with a rear hand ridge hand to the philtrum.

Won Hyo

BLOCKS

Circular Block

Hooking Block

Waist Block

Palm Pushing Block

Dollimyo Makgi

Golcho Makgi

Hori Makgi

Sonbadak Miro Makgi

KICKS

Reverse Turning Kick

Reverse Side Kick

Bandae Dollyo Chagi

Bandae Yop Chagi

PUNCHES

Vertical Punch

Side Punch

Sewo Jirugi

Yop Jirugi

THRUSTS

Straight Fingertip Trust

Son Sonkut Tulgi

STANCES

Bending Ready Stance

Closed Stance A

Vertical Stance

Goburyo Sogi

Moa Sogi A

Soo jik Sogi

STRIKES

Knife hand Inward Strike

Sonkal Anaero Taerigi