

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 6th Kup – Green Belt

Practical

Semi Free Sparring

Free Sparring

Destruction:

- Back Piercing Kick
- Turning Kick
- Knife Hand Outwards Strike

Do-San

Won-Hyo



Semi Free Sparring



Free Sparring



Destruction: Back Piercing Kick, Turning Kick,
Knife Hand Outward Strike



Won-Hyo
Know the meaning of Won-Hyo

Theory

What is the meaning of Won-Hyo?

28 movement pattern - Was the noted monk who introduced Buddhism to the Silla dynasty in the year of 686AD.

What is the meaning of Blue Belt?

Blue belt signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Describe Closed Stance?

The toes and heel of both feet are placed together. The weight ratio is 50/50.

Describe Fixed Stance?

The feet are in the same position as 'L' stance. One and a half shoulder widths in length. The front heel should be placed beyond the heel of the rear foot at a distance of 2.5 cm to gain stability. The weight ratio is 50/50. Front foot and rear foot should be turned in 15 degrees.

Describe Bending Stance?

This stance serves as a preparation for side and back kicks, although it is frequently used for defence techniques. The weight is on one leg with the knee slightly bent, the free leg is also bent with the foot placed near the knee of the weight bearing leg.

What is free sparring?

The purpose of free sparring is to help develop fighting ability by experimenting with different techniques and combinations to specific target areas. By attacking and defending in a controlled manner, students will put into practice what they have learnt so far.

Terminology

General

Free sparring
Start

Jayu matsogi
Si Jak

Stances

Closed ready stance 'A'
Fixed stance
Bending Ready Stance 'A'

Moa junbi sogi 'A'
Gojung sogi
Goobooryo junbi sogi 'A'

Attacks

Knife-hand high inward strike
Knife-hand high outward strike
Side punch
Side piercing kick

Sonkal nopunde anuro taerigi
Sonkal nopunde bakuro taerigi
Yop jirugi
Yopcha jirugi

Defences

Forearm circular block
Waist block

Palmok dollimyo makgi
Hori makgi

