**GRADING INFORMATION 6th Kup Green Belt**

You will need your sparring kit and gum shield with you in case the examiner wants to see sparring.

**Practical:**

Pattern Won Hyo

Examiner's Choice Pattern

3 Step Sparring (8 9 10)

3 Step Semi Free Sparring (Basic)

Free Sparring (you need your own TAGB sparring kit)

**Theory Required**

Questions from the theory below and also any previous grading theory will be asked by the Black Belts on the night as usual.

**Interpretation of Won Hyo**. Won Hyo, 28 movement pattern - was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

**Meaning of Blue belt**. Blue belt signifies the heaven towards which the plant matures into a towering tree as training in Tae kwon Do progresses.

**Korean Terminology Required**

Vertical Stance, Soojik sogi

Closed ready stance 'A', Moa junbi sogi 'A'

Bending ready stance 'A', Goburyo junbi sogi 'A'

Fixed stance, Gojung sogi

Forearm circular block, Palmok dollimyo makgi

Palm pushing block, Sonbadak miro makgi

Side punch, Yop jirugi

Reverse knife-hand strike, Sonkal dung taerigi

Flat fingertip thrust, Opun sonkut tulgi

Side piercing kick, Yopcha jirugi

Reverse turning kick, Bandae dollyo chagi

Free sparring, Jayoo matsoki

Semi free sparring, Ban jayoo matsoki

Back heel, Dwit chook

Back sole, Dwit kumchi