

## **Applicable to Green Belts**

**In Addition to **ALL** Theory from previous belt levels**



### New Stances:

Close Ready Stance A : Moa Junbi sogi A  
Fixed Stance : Gojung Sogi  
Bending Ready Stance : Guburyo sogi

### Defensive Techniques

Forearm Circular Block : Palmok Dollimyo Makgi  
Forearm Guarding Block : Palmok Daebi Makgi

### Offensive Techniques

Knife-Hand Inward Strike : Sonkal Annuro Taerigi

### Interpretation of Won-Hyo (28 movements):

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

### Pattern Won Hyo:

The following points should be remembered:

- 1.L-Stance Knife-hand High Inward Strike (Niunja So Sonkal Nopunde Annuro Taerigi): The knife-hand reaches neck level of the attacker.
- 2.Fixed Stance Middle Punch (Gojung So Kaunde Jirugi): The body is half-facing.
- 3.Walking Stance Forearm Circular Block (Gunnun So Palmoik Dollimyo Makgi): The inner forearm is used as the blocking tool. The fist reaches the shoulder level of the defender. This shoulder should be slightly lower than the opposite one.
- 4.L-Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Makgi): The forearm becomes half-facing the opponent. The fist reaches the same level as the shoulder of the defender.
- 5.Middle Side Piercing Kick (Kaunde yopcha Jirugi): The footsword reaches the same level as the defender's shoulder.
- 6.Low Front Snap Kick (Najunde Apcha Busigi): The foot reaches the same level as the lower abdomen of the attacker.

### Fixed Stance:

Length is one and a half shoulder width from big toe of front foot to reverse footsword of rear foot; weight is distributed evenly; front leg is primary leg.

### Bending Ready stance:

Standing leg is bent; footsword of the lifted leg is brought in towards the opposite knee; standing leg is the primary leg. It is principally used as a preparatory position of side piercing and thrusting kicks.

### Close Ready Stance A:

Feet together; left hand over right. The distance between the philtrum and the fists is approximately 30cm.

### Breaking Requirements For 6th/5th Gups :

Side Piercing Kick