

6th Kup Theory

**6th Kup –
Green belt to Blue Tag**



All previous theory and techniques plus:

Won-Hyo Tul 28 Moves

Won-Hyo (617-686 A.D.) was the noted monk who is credited with having completed the introduction of Buddhism to the Silla Dynasty just prior to his death in the year 686 AD.

The Meaning of Blue

Blue represents the Heaven towards which the plant matures into a towering tree as training progresses.

New Terms

Middle side Piercing Kick = Kaunde Yop Cha Jirugi

Low Front Snap Kick = Najunde Ap Cha Bisugi

Side Punch = Yop Jirugi

Bending Ready Stance A = Giburyo Sogi A

Closed Ready Stance A = Moe Junbi Sogi A

Fixed Stance = Gojung Sogi

Circular Block = Dollimyo Makgi

Elbow = Palkup

Knee = Moorup

2 Step Sparring = Ibo Matsoki

2 Step-Sparring Includes

High Fore fist Punch = Nopunde Ap Joomuk Jirugi

X Fist Pressing Block = Kyocha Joomuk Noollo Makgi

Upward Palm Block = Ollyo Sonbadak Makgi

Waist Block = Hori Makgi

Right Side Elbow = Orun Yop Palkup

Twin Vertical Punch = Sang Sewo Jirugi

Outer Forearm Wedging Block = Bakkat Palmok Hechyo Makgi

Knee Kick = Moorup Chagi

Flat Fingertip Thrust = Opun Sonkutt Tulgi
Knifehand Rising Block = Sonkal Chookyo Makgi
Inward Palm Block = Anuro Sonbadak Makgi
Twin Upset Punch = Sang Dwijibo Jirugi

Back Piercing Kick

Back Piercing Kick = Dwit Cha Jirugi
Part of use (kicking tool) Footsword = Balkal

Won-Hyo Includes

High Inward Knifehand Strike = Nopunde Anuro Sonkal Taerigi
Fixed stance Side Punch = Gojung So, Yop Jirugi
Inner Forearm Circular Block = An Palmok Dollimyo Makgi
Bending Ready Stance A = Giburyo Sogi A
Closed ready stance A = Moa Junbi Sogi A

Stances – Sogi

Closed stance = Moa Sogi

Feet (and toes) together

Fixed stance = Gojung Sogi

Width = Feet shoulder width apart

Length = Feet 1 & a half times shoulder width (as in L-stance) plus the width of your foot

Weight distribution = 50:50

Forward leg indicates whether it is a right or left stance

Bending Ready Stance A = Giburyo Junbi Sogi A

(Preparatory stance for delivery of a side piecing kick)

100% weight on standing leg

Knee of standing leg slightly bent

Knee of kicking leg raised & bent towards target

Arm position = Forearm guarding block

Standing leg indicates whether it is a right or left stance