

Grade **6th gup**

Name _____

	Learn	Progress		Achieved
		1	2	
1. Stances:				
a. Bending stance (guburyo sogi), bending ready stance A (guburyo junbi sogi A)				
b. Fixed stance (gojung sogi), fixed ready stance (gojung junbi sogi)				
c. Close stance (moa sogi), close ready stance A (moa junbi sogi A)				
2. Defensive techniques:				
a. Inner forearm circular block (an palmok dollimyo makgi)				
b. Palm downward block (sonbadak naeryo makgi)				
c. Crescent kick (bandal chagi)				
3. Offensive techniques:				
a. Fixed stance obverse punch (gojung so baro jirugi)				
b. Knifehand inward strike (sonkal anuro taerigi)				
c. Downward kick (naeryo chagi)				
d. Pick shape kick (gokaeng-i chagi)				
e. Reverse turning kick (bandae dollyo chagi)				
f. Reverse hooking kick (bandae dollyo gorochagi)				
4. Pattern: Won-Hyo Tul – 28 movements				
5. Sparring: a. Two step sparring (ibo matsogi)				
1. Walking stance middle punch, low front snap kick				
2. Side piercing kick, step forward L-stance reverse punch				
3. L-stance knifehand side strike, side turning kick				
b. Free sparring (jayu matsogi)				
footwork, basic				
blocking, basic				
hand attacks, drills				
foot attacks, drills				
6. Self defence: grabs to the front of the body (locks optional)				
one hand lapel grab				
two hand lapel grab and pulled				
two hand lapel grab and pushed				
one hand throat/shoulder grab				
two hand throat/shoulder grab				
grab to the hair from the front				
bear hug from the front				
7. Theory				
Korean, basic blocks				
Pattern history, Won-Hyo				
Belt colour, green				
Rules, dress for training				