Required Knowledge for 7th Grade – Gold Belt / Green Stripe

Hyung: Won-Hyo **Movements: 28** **Diagram:**

Won-Hyo: The noted monk who introduced Buddhism to the Silla Dynasty in the year (686 A.D.).

Beginning Stance: Close ready stance A

End of Pattern: Right foot moves to left foot.

Significance: Hint of maturity in the art.

Stances: Closed ready stance A-B-C : Feet together, knees slightly bent, left hand cups around the right fist, elbows down. A-(hands placed at chin level) B-(hand placed at the solar-plexus level). Stance C: Left knife hand crosses over right knife hand located at the groin level.



(Microsoft Clip Art, May 31, 2016)

Technique, Vocabulary, Questions

Hand Techniques:

Upset punch, Circle block, Vertical punch, Uppercut

Feet Techniques:

Back Side Piercing kick, Back Snap kick

Soft Technique: begin developing Yonkyo, Break fall

Basic Defenses:

Defense #4: One hand collar grab

Defense #5: One hand neck choke

Concepts: Target areas in general, Priority target areas, Contact point vs Focus point

Slow motion Free Controlled Free Sparring

Vocabulary: Dismiss – Hae san, Grade – Gup, Degree – Dan, Soft Technique – Puduron kot

Questions:

1. What does Won-Hyo mean?
2. What are the five appreciations of Se Jong?
3. What is the significance of a Green Stripe on a Gold Belt?