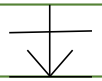
Required Knowledge For 6th Grade – Green Belt

Hyung: Yul-Gok **Movements: 38** **Diagram:** 

Yul-Gok: A pseudonym of a great philosopher and scholar Yi I (1536 – 1584). Nicknamed the Confucius of Korea.

Beginning Position: Parallel ready stance.

End of Pattern: Left foot moves to right foot.

Stances:

Diagonal: Same as the straddle stance, except one foot is farther ahead of the other. The heel of the front foot is even with the toes of the rear foot. The front foot determines the stance.

Basic Defenses:

Defense #6: Front bear hug, hands unpinned

Defense #7: Side head lock

Concept:

Transitioning: is the physical and psychological movement necessary to move from attacked to not being attacked while maintaining balance. Evasion and transitioning are a unit. It is practiced in the movements of basics and patterns, as well as in free sparring.

Techniques, Vocabulary, Questions

Hand Techniques:

U-block, U-punch, U-grab, Twin knife hand block, Hooking block, Crescent punch, Hook punch.

Feet Techniques:

Twisting kick, Hook kick, Reverse turning kick

Soft Technique: Begin developing projection Kote Gaeshi

One-Step choreographed attack and defense #6 through #10

Modified Free Sparring: under the Instructor supervision only.

Vocabulary:

One – Hanna, Two – Dul, Three – Sed, Four – Ned, Five Dasut

Questions:

1. What does You-Gok mean?
2. What are the nine expressions of Se Jong?
3. Who is Se Jong and why is our system named after him?
4. What is the significance of a Green Belt?