

WON - HYO HYUNG

Pronounced (One – Hyo)

Won – Hyo was the monk who introduced religion to Korea during the Silla Dynasty in the year 686 A.D.

The Pattern made by this form:



of Movements – 28

of Kihaps – 2

#12 Right Vertical Spearhand Strike

#26 Right Side Kick

The light green color of the belt represents the early growth of a leaf.

The Taekwondo student is like a young tree that is beginning to grow.



TESTING CRITERIA

6TH GRADE LIGHT GREEN BELT

FORM

WON – HYO

ONE STEPS

3

NEW TECHNIQUES

Side Punch

Reverse Side Punch

Ridgehand Strike

Downward Palm Heel Block

SPARRING

1 – 2 TIMES

BOARD BREAKING

(All board breaking techniques must be approved by the student's instructor)

The student is required to attempt a foot technique with a single board.



6th GRADE LIGHT GREEN BELT FORM

WON - HYO HYUNG

<u>TECHNIQUE</u>	<u>STANCE</u>
Parallel ready position	
1. Left square block	Right back
2. Right reverse knifehand strike	
3. Left middle side punch	Middle
4. Right square block	Left back
5. Left reverse knifehand strike	
6. Right middle side punch	Middle
7. Left double outer forearm block	Closed
8. Left side kick	
9. Left double knifehand block	Right back
10. Right double knifehand block	Left back
11. Left double knifehand block	Right back
12. Right middle spearhand strike (kihap)	Right front
13. Left square block	Right back
14. Right reverse knifehand strike	
15. Left middle punch	Middle
16. Right square block	Left back
17. Left reverse knifehand strike	
18. Right middle side punch	Middle
19. Right reverse inner forearm block	Left front
20. Right front kick	
21. Left reverse middle punch	Right front
22. Left reverse inner forearm block	Right front
23. Left front kick	
24. Right reverse middle punch	Left front
25. Right double outer forearm block	One leg
26. Right side kick (kihap)	
27. Left double outer forearm block	Right back
28. Right double outer forearm block	Left back
Move right foot back to ready position	



6th GRADE LIGHT GREEN BELT

ONE STEP SPARRING

1. Step to the left at a 45° angle into a middle stance, at the same time execute left downward palm heel block.
No step, right high ridgehand strike.
Right round kick (adjust left foot if necessary).
Feet together, left spin outer crescent kick block.
Feet together, right round kick.
Feet together.
Left foot steps back to back stance, double outer forearm block.
2. Left foot steps forward to back stance, at the same time execute left side punch.
No step, right reverse middle punch.
No step, left side punch.
No step, right reverse high punch.
Left foot steps back to right, at same time right hand circles to grab partner's wrist.
Right round kick to midsection (then put foot down).
Right front kick under partner's arm (then put foot down).
Right round kick to temple (let go of partner's wrist).
Feet together.
Left foot steps back to back stance, double outer forearm block.
3. Right inner crescent kick block.
Left reverse side kick.
Landing in left front stance, right reverse high punch.
No step, left high punch.
Step back, then right #1 jump front kick.
Landing, double step back to back stance, double outer forearm block.

