

## 6th Kup (green belt)

### 1) Basics

Dwitkubi	Back stance
Hansonnal momtong bakkatmakki	Outward knife hand middle block
Sonnal mokchigi	Inward knife hand strike
Dubon jireugi	Double punch
Mireo chagi	Push kick

Kibon Sam (Preparation exercise for Taeguk Sam-Jang – 12 movements)

### 2) Revision

Taeguk 2 – Ee Jang (Meaning: Joyfulness - 18 movements)

### 3) Poomsae

Taeguk 3 - Sam-jang (Meaning: Fire and Sun - 20 movements)

### 4) Ilbo Taeryon (Partner exercises – 1-step-fight)

4 techniques

All candidates will be examined on the attack and the defence during the partner exercises.

### 5) Stepping exercises

Stepping exercise with partner. One partner leads while the other partner mirrors all movements.

### 6) Kick paddle exercises

All kicking exercises are to be performed from a fighting stance with a Kihap during the performance of the technique. A selection of all previously learned techniques will be examined.

### 7) Kyorugi

3 for 3 simulated sparring where partners kick in turns without contact. The students are expected to show stepping basics learned before as well as a variety of kicks. The students are expected to judge the distance to their partner, adjust accordingly and vary their kicking techniques on their own.

### 8) Self-defence

4 variations of wrist grabbing (one hand same side, one hand opposite side, two hands both sides, two hands one wrist). Plus techniques from previous gradings.

### 9) Theory

The student should be able to explain how kicks, punches and stances work.

### 10) Board breaking

N/A

**Pass Grade: 60%**