




## 6<sup>TH</sup> KUP GRADING REQUIREMENTS

Physical Performance:	
Pattern	<b>Won-Hyo Tul</b> <b>Do San Tul</b> <b>Dan-Gun Tul</b>
Destruction	<b>Side Piercing Kick</b> (Choice of Leg). <b>Turning Kick</b> (Choice of Leg) <i>Measuring and breaking utilising relevant parts of the foot</i>
Sparring	<b>Free sparring (Jayu Matsogi) 1-v-1, 2 Step Sparring.</b> Two Step Sparring: <b>Ibo Matsoki.</b>

Theory:	
1	Reverse Turning Kick: <b>Bandae Dollyo Chagi.</b>
2	Won Hyo has 28 movements. <b>Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.</b>
3	Ready Posture for Won-Hyo: <b>Moa Junbi Sogi A</b>
4	<b>New Stance</b> Close Stance: <b>Moa Sogi</b> <b>Feet</b> are together. <b>Toes</b> are touching. <div style="text-align: right; margin-top: 10px;">  </div>
5	<b>New Stance</b> Bending Ready Stance 'A': <b>Goburyo Junbi Sogi A</b> The preparatory stance for delivery of right or left side piercing kick. <b>100% weight on standing leg.</b> <b>Knee</b> of standing leg to be bent until it is over the toes. <b>Foot</b> of standing leg is at right angle to the front. <b>Knee</b> of kicking leg is raised & bent to face the intended target. <b>Foot</b> of kicking leg is formed into a footsword with the heel being a distance of one inch from the knee joint of the standing leg. <b>Arms</b> are formed into a forearm guarding block position Standing leg indicates as to whether it is a right or left bending ready stance.
6	Consecutive Movement/Stance <b>Yon Sok Sogi</b> Yon Sok means changing from one stance to another shifting one leg. This happens in Won Hyo between movements 2 (in L Stance) and 3 (in fixed stance).

**Theory: (Continued)**

7	<p><b>New Stance</b> Fixed Stance <b>Gojang Sogi</b></p> <p><b>Length:</b> 1½ shoulders wide. (Measurement is taken as in L Stance <i>plus</i> the width of your foot)</p> <p><b>Width:</b> 1 shoulders wide. (Measurement is taken as in L Stance)</p> <p><b>Weight:</b> 50% WEIGHT is distributed on the front leg. 50% WEIGHT is distributed on the front leg.</p> <p><b>Toes</b> of both feet turned at an angle of 15° inwards. <b>Knee</b> of front leg is bent &amp; behind the vertical line. <b>Knee</b> of rear leg is bent &amp; behind the vertical line and at right angles to the front. <b>Soles</b> of both feet are flat on the ground. <b>Front Leg</b> indicates as to whether it is a right or left fixed stance.</p>	
8	<p><b>New Stance</b> Rear Foot Stance: <b>Dwit Bal Sogi</b></p> <p><b>Length:</b> 1 Shoulders Wide. (measurement is taken from the tip of the big toe of the front foot to the footsword of the rear foot)</p> <p><b>Width:</b> The width of your foot.</p> <p><b>Weight:</b> 10% WEIGHT is distributed on the front leg. 90% WEIGHT is distributed on the rear leg.</p> <p><b>Toes</b> of the rear foot are turned at an angle of 15° <b>inwards</b>. <b>Heel</b> of the front foot is in line with the <b>heel</b> of the <b>rear</b> foot. <b>Toes</b> (foot resting lightly on the ball of the foot) of the front foot are turned at an angle of 25° <b>inwards</b>. <b>Knee</b> of rear leg is bent until it is over the toes. <b>Knee</b> of front leg is bent slightly. <b>Rear</b> leg indicates as to whether it is a right or left Rear Foot Stance.</p>	
9	<p><b>New Block</b> Inner forearm Circular Block: <b>An Palmok Dollimyo Makgi.</b></p>	
10	<p><b>New Strike</b> High Section Knife Hand Inward Strike: <b>Nopude Sonkal Anuro Taerigi.</b></p>	
11	<p><b>New Kick</b> Reverse Turning Kick <b>Bandae Dollyo Chagi</b> <i>Part of use: Dwichook (Backheel)</i></p>	

**Theory: (Continued)**

<b>12</b>	Types of Jirugi using Ap Joomok:  <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">           Front punch:  <b>Ap Jirugi.</b> </div> <div style="text-align: center;">           Side punch:  <b>Yop Jirugi</b> </div> <div style="text-align: center;">           Twin Vertical Punch:  <b>Sang Sewo Jirugi.</b> </div> <div style="text-align: center;">           Twin Upset Punch.  <b>Sang Dwijibo Jirugi</b> </div> </div>
<b>13</b>	Must be able to describe and perform all movements in Won Hyo. e.g. 3rd Movement : Wen Gojang So, Kaunde Yop Jirugi. 7th Movement : Orun Goburyo Junbi So, Kaunde Palmok Daebi Makgi. 18th Movement : Wen Gunnun So, An Palmok Dollimyo Makgi.
<b>14</b>	Other Terminology Free Sparring: <b>Jayu Matsogi</b> X Fist Low section Pressing Block: <b>Kyocho Joomok Najunde Noollo Makgi</b> Palm Upward Block: <b>Sonbadak Ollyo Makgi.</b> Outer Forearm Waist Block: <b>Bakat Palmok Bakuro Hori Makgi.</b>