



6

GREEN BELT

TO

5

BLUE STRIPE



INTERMEDIATE EDUCATIONAL REQUIREMENTS

Pattern: WON-HYO
28 Moves

WON-HYO READY POSTURE
Closed Ready Stance "A"

MEANING

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Describe "sine-wave"

A natural up & down body motion created through the use of "knee-spring"

Explain "opposite motion"?

Every action has an equal and opposite reaction.
Every force exerted in one direction has an equal and opposite force exerted in the opposite direction. A punch with the right fist can be aided by pulling back the left fist to the hip.

What are these basic "kicks" in Korean:

Kick	Chagi
Front Stretch Kick	Ap Cha Olligi
Side Stretch Kick	Ye Ap Cha Olligi
Front Kick	Ap Chagi
Side Kick	Ye Ap Chagi
Turning Kick	Dollyo Chagi

Show these vital attack spots on the body:

Temple	Sternum	Groin
Bridge of Nose	Solar Plexus	Knee
Philtrum	Elbow	Shin
Jaw	Floating Ribs	Instep
Point of Chin	Small of Back	
Throat	Kidney	
Clavicle	Lower Abdomen	