



Green Belt Cheat Sheet

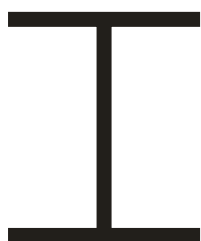
Everything you need for your 6th Kup grading · Pattern: Won-Hyo



The Pattern — Won-Hyo

28 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Closed Ready Stance 'A'

MEANING

Won-Hyo was the noted monk who introduced Buddhism into the Silla Dynasty in 686AD.



Pattern Movements

28 MOVES

1. Twin Forearm Block (High / Mid · L · Left 90°)
2. Inward Knife Hand Strike (High · L)
3. Side Punch (Middle · F · Slip Left Foot Forward)
4. Twin Forearm Block (High / Mid · L · Foot to Foot Right 180°)
5. Inward Knife Hand Strike (High · L)
6. Side Punch (Middle · F · Slip Right Foot Forward)
7. Forearm Guarding Block (Middle · BRS · Left 90°)
8. Side Piercing Kick (Middle · Forward)
9. Knife Hand Guarding Block (Middle · L)
10. Knife Hand Guarding Block (Middle · L · Forward)
11. Knife Hand Guarding Block (Middle · L · Forward)
12. Straight Fingertip Thrust (Middle · W · Forward)
13. Twin Forearm Block (High / Mid · L · Left 270°)
14. Inward Knife Hand Strike (High · L)
15. Side Punch (Middle · F · Slip Left Foot Forward)
16. Twin Forearm Block (High / Mid · L · Foot to Foot Right 180°)
17. Inward Knife Hand Strike (High · L)
18. Side Punch (Middle · F · Slip Right Foot Forward)
19. Circular Block (Mid / Low · W · Left 90° / Forward)
20. Front Snap Kick (Low · Forward)
21. Reverse Punch (Middle · W)
22. Circular Block (Mid / Low · W)
23. Front Snap Kick (Low · Forward)
24. Reverse Punch (Middle · W)
25. Forearm Guarding Block (Middle · BRS · Forward)
26. Side Piercing Kick (Middle · On Left Leg)
27. Forearm Guarding Block (Middle · L · Left 270°)
28. Forearm Guarding Block (Middle · L · Foot to Foot Right 180°)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

The plant's growth as the Tae Kwon-Do skills begin to develop

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

17 TERMS

KOREAN	ENGLISH	KOREAN	ENGLISH
Moa Junbi Sogi A	Closed Ready Stance A	Nopunde Anuro Sonkal Taerigi	High Inward Knife Hand Strike
Gojung Sogi	Fixed Stance	Kaunde Yop Jirugi	Middle Side Punch
Gubryo Junbi Sogi	Bending Ready Stance	Kaunde Yopcha Jirugi	Middle Side Piercing Kick
Soojik Sogi	Vertical Stance	Najunde Apcha Busigi	Low Front Snap Kick
Dollimyo Makgi	Circular Block	Bandae Dollyo Chagi	Reverse Turning Kick
Kaunde Palmok Daebi Makgi	Middle Forearm Guarding Block	Sewo Jirugi	Vertical Punch
Golcho Makgi	Hooking Block	Ibo Matsoki	2 Step Sparring
Sonbadak Anaero Miro Makgi	Palm Inward Pushing Block	Jayoo Matsoki	Free Sparring
Hori Makgi	Waist Block		



Line-Work For This Grading 9 DRILLS

1. First 3 moves from Won-Hyo
2. L stance inward knife hand strike
3. Bending ready stance side kick, land knife hand guarding block
4. L stance side punch
5. Turning kick, reverse turning kick
6. Forearm guarding block
7. Circular block, walking stance
8. Side kick, reverse side kick
9. Walking stance wedging block



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Won-Hyo, all 28 movements | ☐ Meaning of Won-Hyo |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 9 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.

Drill this on the way to class



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