

WEST COAST

TAEKWONDO

6thth Kyp Grading Syllabus

Line Work

1. Forwards: Walking stance, low block, rising block, reverse punch *
2. Backwards: Walking stance, back fist strike
3. Forwards: Consecutive mid to high section turning kick, landing in a forearm guarding block
4. Backwards: First 3 moves of Won Yo *
5. Forwards: Reverse side kick, forearm guarding block
6. Backwards: Walking stance, circular block
7. Forwards: Bending stance, forearm guarding block, side kick, land knife hand guarding block (Won Yo)
8. Backwards: Wedging block

Patterns

- Chon Ji: <https://youtu.be/FcSkko18Q9s?si=YjRhMizb9xzE7n5w>
- Do San: <https://youtu.be/V4H4agh64H8?si=aZN5KWNbGq0o5Llv>
- Won Hyo: <https://youtu.be/OiSfh8aCOhU?si=53OUIkDHFInq2N->

Knowledge

What is the meaning of Green belt?	Green signifies the plant's growth as Tae Kwon-Do skills begin to develop.
What is the meaning of Won Hyo?	WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD.
What does indomitable spirit mean?	Indomitable spirit means being emotionally resilient.
What is the weight distribution of an fixed stance?	50/50
What is the striking tool for a reverse side kick?	Side heel.
Show the examiner your inner forearm.	Point to it.