

GREEN BELT to BLUE STRIPE

PATTERN:

WON HYO TUL

SELF-DEFENSE:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

ONE STEP SPARRING:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

KICKING COMBINATIONS:

Front Kick, Turning Kick, Back Kick, Reverse Hooking Kick

FREE SPARRING:

Against 1 Partner

BREAKING:

Downward kick

QUESTIONS:

You will be required to answer the following:

1. What is the purpose of breaking?

Breaking is an important aspect of training in the martial arts. Since striking an opponent with FULL force is not possible, students in the martial arts incorporate the use of training aids such as targets, bags and boards. Board breaking allows a student to demonstrate SPEED, FOCUS, DISTANCE and POWER, all while executing the breaking technique for their rank. Breaking also enables a student to see the amount of destructive power they are capable of and the effectiveness of their Taekwon-Do techniques.

2. What is the meaning of WON-HYO?

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

3. How many movements are in WON-HYO?

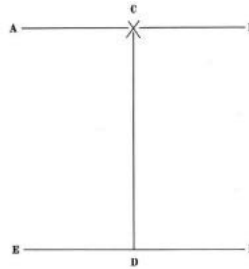
28 movements

WON HYO

Movements – 28

Ready Posture - CLOSED READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.



1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.



2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.



3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.



4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.



5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.



6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.



7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.



8. Execute a middle side piercing kick to D with the left foot.



9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



10. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.



13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.



14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.



15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.



16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.



17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.



18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.



19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.



20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.



21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.



22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.



23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.



24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.



25. Turn the face toward C forming a left bending ready stance A toward C.



26. Execute a middle side piercing kick to C with the right foot.



27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.



28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm.



END: Bring the right foot back to a ready posture.

