



Theory for your fifth grading

(Current belt: Green Belt 6th Kup
Grading for: Blue Tag 5th Kup)

Won Hyo was the noted monk who introduced **Buddhism** into the **Silla Dynasty** in the year **686AD**. Buddhism is a religion originating in Ancient India. The pattern has **28 movements**.

The colour **blue** signifies **Heaven** towards which a plant grows as it matures. This reflects the student's growing knowledge of Tae Kwon-Do.

Why do we practise free sparring?

We practise free sparring in order to **put into practise techniques that have been learnt so far**. There is no pre-warning of attack in free sparring and so not as many defensive techniques are used here compared with other types of sparring which we practise.

Why do we learn pattern meanings?

We learn pattern meanings in order to learn about the **history** of Tae Kwon-Do and gain **inspiration** from the historical figures.

Purpose of three-step sparring:

Three-step sparring is designed for **beginners** to learn **basic** techniques and begins with the attacker in **walking** stance, performing a **low** block.

Purpose of two-step sparring:

Two-step sparring is designed for **intermediate** students to learn more **advanced** techniques and begins with the attacker in an **L-stance**, performing a **guard**.

New techniques from Won Hyo:

Inward knifehand strike: an attacking technique aimed towards the side of the neck.

Fixed stance: 2 shoulder widths long (longer than L-stance) with weight 50/50.

Circular block: scoops a kick with outer forearm.

Bending ready stance: preparation for a side kick.

MAKE SURE YOU KNOW AND REMEMBER THEORY FROM YOUR PREVIOUS GRADINGS