

APPLICABLE TO 6th KUP STUDENTS

WON-HYO Was the noted monk who introduced **Buddhism** to the **Silla Dynasty** in
(28 movements) the year **686 A.D.**

WORDS USED IN TRAINING HALL (DO-JANG)

Hand Parts - *SANG BANSIN*
Foot Parts - *HA BANSIN*

STANCES

Close Stance 'A' - *MOA JUNGBI SOGI*
Fixed Stance - *GOJONG SOGI*
One Leg Stance - *GUBURYO JUNBI*

BODY PARTS

Head - *MORI*
Solar Plexus - *MYONG CHI*
Abdomen - *BOKBOO*
Instep - *BALDUNG*
Toes - *BALKUT*

DEFENSIVE TECHNIQUES:

Inner Forearm Circular Block - *AN PALMOK DOLLIMYO MAKGI*
Forearm Middle Guarding Block - *BAKAT PALMOK DAEBI MAKGI*

ATTACKING TECHNIQUES:

Knifehand Inward Strike - *SONKAL ANURO TAERIGI*
Side Punch - *YOP JIRUGI*
Side Piercing Kick - *YOP CHA JIRUGI*
Back Piercing Kick - *DWIT CHA JIRUGI*

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

‘L’ STANCE (Knifehand) Inward Strike
NIUNJA SO (Sonkal) Anuro Taerigi

FIXED STANCE (Forefist) Side Punch
GOJONG SO (Ap Joomuk) Yop Jirugi

NOTES:

2 Step Sparring - ***IBO MATSOGI***

Two attacks comprising one hand and one foot technique alternately (it is entirely optional whether the attacker uses hand or foot first). Following the successful defence of the first and second attack, the defender should execute a counter attack to the defender.

Attacker’s Ready position - ‘L’ Stance Forearm Middle Guarding Block

Defender’s Ready position - Parallel Ready Stance

BLUE Signifies the *heaven*, towards which the *plant matures* into a *towering tree* as training in Taekwon-Do *progresses*.

Blue was *one of the colours denoting* a level of *hierarchy* during the *Koguryo and Silla Dynasties*.