
GREEN BELT

Signifies plant growth as the Taekwon-Do skill begins to develop.

PATTERN

Won-Hyo

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. There are 28 movements in this pattern.

TECHNIQUES

Reverse Hooking Kick
Inward knife hand strike
Circular block
Bending stance
Combination Kicks

SELF DEFENSE

Ignore
Verbally stand up
Wrist grab
Solar plexus

SPARRING

Hop and slide with follow up
Jumping punch (intercepting)
Counter against turning kick
2 Step-Sparring for Won-Hyo with partner
1 Step-Sparring for Won-Hyo with partner
-See Step Sparring Appendix

BREAKING

Side kick (minimum 1 green board)

THEORY

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt

TEST REQUIREMENTS

32 credits minimum
Online theory certificate

Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam
Teacher approval form
Two Character Cards