

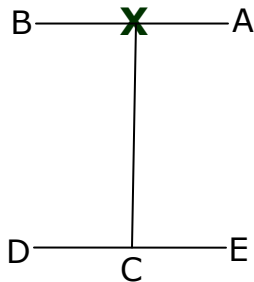
Meaning of Belt Color

Dark Green Belt, 5th gup

Signifies the plant's growth as Tae-kwon-do skills begin to develop.

Form(s):

- Won-Hyo



Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Movements: 28

Ready Posture: Closed Ready Stance A

The illustration assumes that the student is on line AB at X facing C.

1. Turn 90 degrees to the left (toward A) forming a left back-stance while executing a twin-forearm block.
2. Staying in the same stance (toward A), execute a reverse knife-hand strike at neck-level with the right hand.
3. Staying in the same stance (toward A), execute a middle-section side punch with the left fist.
4. Step together and turn 180 degrees to the right (toward B) forming a right back-stance while executing a twin-forearm block.
5. Staying in the same stance (toward B), execute a reverse knife-hand strike at neck-level with the left hand.
6. Staying in the same stance (toward B), execute a middle-section side punch with the right fist.
7. Step together and turn 90 degrees (toward C) and chamber a side-kick with the left leg. Stand on leg with the other chambered.
8. Execute a middle-section side-kick with the left leg while stepping into a left back-stance.
9. Once the stance has been established, perform a double knife-hand block.
10. Step forward with the right foot (toward C) forming a right back-stance while executing a double knife-hand block.

11. Step forward with the left foot (toward C) forming a left back-stance while executing a double knife-hand block.
 12. Step forward with the right foot (toward C) forming a right front-stance while executing a middle-section spear-hand with the right hand. Ki-hop once the spear-hand has been performed.
 13. Turn 270 degrees to the left (toward D) forming a left back-stance while executing a twin-forearm block.
 14. Staying in the same stance (toward D), execute a reverse knife-hand strike at neck-level with the right hand.
 15. Staying in the same stance (toward D), execute a middle-section side punch with the left fist.
 16. Step together and turn 180 degrees to the right (toward E) forming a right back-stance while executing a twin-forearm block.
 17. Staying in the same stance (toward E), execute reverse knife-hand strike at neck-level with the left hand.
 18. Staying in the same stance (toward E), execute middle-section side punch with the right fist.
 19. Step together then turn 90 degrees to the left (toward X) forming a left front-stance while executing a side-block with the right inner forearm. (junior students execute a circle block)
 20. Execute a right middle-section front-kick to the outside of the block, keeping the hand position.
 21. Step down in a right front-stance and execute a middle-section reverse punch with the left hand.
 22. Execute a side-block with the left hand. (junior students execute a circle block)
 23. Execute a left middle-section front-kick to the outside of the block, keeping the hand position.
 24. Step down in a left front-stance and execute a middle-section reverse punch with the right hand.
 25. Execute a middle-section side-kick with the right leg and step down. Ki-hop once the side-kick has been performed.
 26. Turn 270 degrees to the left (toward A) forming a left fighting-stance.
 27. Step together by bringing the left over to the right foot.
 28. Turn 180 degrees to the right (toward B) forming a right fighting-stance. 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 clock to A with the forearm.
- END: Bring the right foot back to a ready posture.

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Il Bo Teryon-5th gup

자 단계 치고 받기

23. Step back forming a closed back-stance while executing a drop kick off of the front leg, spin crescent with the back leg, round kick with the same leg
24. Middle-section forearm block with the opposite side hand as the punch while stepping toward the opponent forming a horse-riding stance, elbow to the solar plexus, back fist to the face, groin strike with the fist, turn (pivot), elbow strike going up into the solar plexus
25. Side kick with the same side leg as the punch, step down, then perform a spin crescent with the other leg blocking the punch out of the way, round kick with the same leg (back up for room if necessary)
26. Jump to the side into fighting stance (away from the punch), front kick off the back leg, triple punch (2 punches middle-section, 1 punch high-section, starting with a middle-section punch with the same side fist as the foot stepping down)
27. High rising block with the same side forearm as the punch while stepping into a closed back-stance, palm strike to the solar plexus, punch to the face while stepping into a closed front-stance

Arm-Bars

1. Opposite side grab, circle towards the outside, grab the opponent's wrist, pull their wrist towards your belt, turn with your back foot in order to turn the opponent, use your other arm to apply pressure at the opponent's elbow joint, bring your opponent down.
2. Same side grab, circle outwards, grab the opponent's hand with your other hand, turn the opponent's hand so that the thumb is facing upwards, use an arm-bar to bring down your opponent

Free Sparring