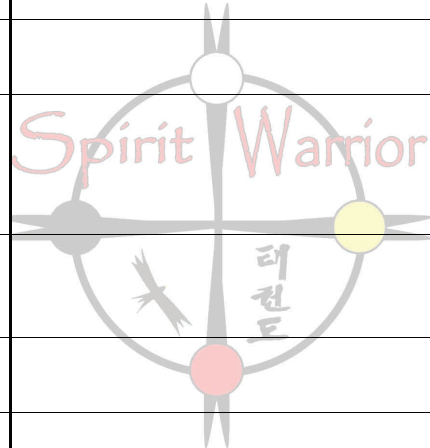


Name of Future Black Belt

Advanced Level - Module Won Hyo (2011)

Photograph

Focus Areas– Page 1	E	P	CP	Comments	F
Fitness —20 press Ups (over 18 men knuckles), 20 squat thrusts, leg rising					
Previous patterns -4 Directional Punch, Chon ji , Dan Gun , Do-San					
Line Work Various- Walking Stance, L Stance, low block, middle inner forearm block , rising block, obverse & reverse punches					
Combination 1 -L Stance Twin forearm Block/ inwards moving knifehand strike,/ fixed stance side punch					
Combination 2 Walking stance circular block/ front kick/ reverse punch					
Combination 3 -L stance , side kick,/ reverse side kick /L Stance knifehand strike					
Combination 4 -L Stance , turning kick / reverse turning kick,/landing L stance Forearm guarding block					
Stances — Closed ready A, Bending ready stance , Fixed Stance, Rear foot					



Name of Future Black Belt

Advanced Level - Module Won Hyo

Power Tests

Under 18s

kicks and hand strikes to padded targets

Over 18s-

techniques to padded targets except those going for **red belt**, Side kick break & Arm break (elbow, palm etc

Review meeting

Focus Area– Page 2	E	P	CP	Comments	F
Techniques — X-Fist Pressing Block, Twin vertical punch, Waist block, Upwards palm Block, Back Elbow strike, reverse turning Kick					
Pattern Won Hyo Tul					
3 Step Sparring (Sambo matsoki)	-				
2 Step Sparring (Ibo Matsoki) Sequences 1 and 2					
Self defence —Double lapel grab					
Free Sparring (Jayoo Matsoki)					
Power tests – Kick Pad, measure & pad/ break side kick/ break hand & feet					
Questions					
Questions					



1 MODULE

2 MODULES

3 MODULES

4 MODULES



Module Won–Hyo Questions (2011)

	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
1	What are the benefits of practising patterns?	<p>Patterns are practised to improve our Taekwon-do ability. improving:- balance, breath control, precision, speed, body –shifting, flexibility, muscle memory and muscle tone.</p> <p>Once a pattern is known by heart and the sequence is effort-less then the practise of the pattern is also a type of moving meditation which brings the added benefits of relaxation and refreshing the mind and body,</p>
2	What does the name of “Won-Hyo” in Won-Hyo pattern mean?	Wyon –Hyo was the noted monk who introduced Buddhism to the Silla Dynasty (Korea) in the year 686AD
3	How many moves are there in Won-Hyo pattern?	28 moves
4	What do the Belt colours , white, yellow and green , blue and red represent?	See grading page for answers
5	Describe what the hand position in closed ready stance “A” represents?	<p>Opposites that working together produce balance like the Yin-Yang, symbol. The hands represent balancing forces. The closed hand represents “Yang-hard-masculine” and the open hand represents “Yin-soft-feminine”. Together the hard and the soft, the yin and Yang create the most effective force, a force of balanced energy</p>



Module Won-Hyo Questions (2011)

	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
6	What would be a common target area for a fixed stance side punch?	Lower ribs,
7	How many different stances are there in pattern Won-Hyo and what are they in the order they are performed in the pattern?	Closed Ready Stance A, L-stance, Fixed Stance, Bending Ready Stance, Walking Stance
8	What is the target area for a high section twin vertical punch?	Cheek bones
9	What are the korean terms for stance, kick and block?	Stance—Sogi, Kick—Chagi Block—Makgi
10	Why is our main training suit white?	We wear the same colour when grading to show equality , and white is chosen because it represents purity and peace . Peace with oneself and creating a more peaceful world, by not fighting or preventing fighting, is the the goal of Spirit Warrior Martial Arts. Sir/ ma'am
11	What is the striking part of the foot when performing Kicks to generate maximum poer for a break?	Front Kick—ball of the foot Side Piercing Kick—Footsword Hook Kick— Back of heel Turning Kick—Ball of Foot



Module Won—Hyo Questions (2011)

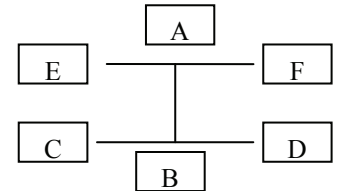
	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
12	What does a “Circular Block” most commonly defend against?	It is designed to combat a fast combination of firstly a kick to the groin and then an attack with a punch to the body
13	What are the meanings for previous patterns Chon ji, Dan Gun and Do-san.	See previous question pages.
14	What are the korean names for the following stances Attention Parallel Sitting Walking L stance Fixed Bending ready Closed Stance	Attention—Charyot Sogi Parallel - Narani Sogi - Sitting—Anun sogi Walking—Gunnun Sogi L stance—Niunja Sogi Fixed— Gojung sogi Bending ready—Goburyo Sogi Closed Stance— Moa Sogi
15	What is Courtesy?	(Your own answer in your own words)

Advanced Level - Module Won Hyo



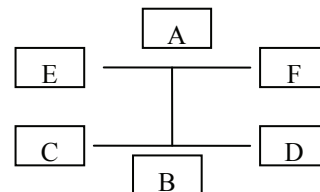
Pattern Won Hyo Tul

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



1. Move Left foot to C Right L-stance, twin forearm block NIUNJA SOGI, SANG PALMOK MAKGI
2. High inwards knifehand strike (right arm), bringing left fist to right shoulder
NOPUNDE ANURO SONKAL TAERIGI
3. Slide left foot to C Left fixed stance, middle side punch (left arm) GOJONG SOGI, KAUNDE YOP JIRUGI
4. Move left foot to right foot, then right foot to D Left L-stance, twin forearm block NIUNJA SOGI, SANG PALMOK MAKGI
5. High inwards knifehand strike (left arm), bringing right fist to left shoulder NOPUNDE ANURO SONKAL TAERIGI
6. Slide right foot to D Right fixed stance, middle side punch (right arm) GOJONG SOGI, KAUNDE YOP JIRUGI
7. Move right foot to left foot, lift left leg to face A (side-on) Right bending ready stance
GUBURYO CHUNBI SOGI
8. Middle side-piercing kick with the left leg to A KAUNDE YOP CHAJIRUGI
9. Land in right L-stance, knifehand guarding block NIUNJA SOGI, SONKAL DAEBI MAKGI
10. Move right foot to A Left L-stance, knifehand guarding block NIUNJA SOGI, SONKAL DAEBI MAKGI
11. Move left foot to A Right L-stance, knifehand guarding block NIUNJA SOGI, SONKAL DAEBI MAKGI
12. Move right foot to A Right walking stance, straight fingertip thrust GUNNUN SOGI, SON SONKUT TULGI
13. Move left foot anticlockwise to F Right L-stance, twin forearm block
14. High inwards knifehand strike (right arm), bringing left fist to right shoulder
15. Slide left foot to F, left fixed stance, middle side punch (left arm)

Pattern Won Hyo Tul



16. Move left foot to right foot, then right foot to E Left L-stance, twin forearm block

NIUNJA SOGI, SANG PALMOK MAKGI

17. High inwards knifehand strike (left arm), bringing right fist to left shoulder

NOPUNDE ANURO SONKAL TAERIGI

18. Slide right foot to E Right fixed stance, middle side punch (right arm) GOJONG SOGI, KAUNDE YOP JIRUGI

19. Move right foot to left foot, then left foot to B Left walking stance, circular block (right arm)

GUNNUN SOGI, DOLLYMIO MAKGI

20. Low front snap kick with the right leg towards B (keep hands as in 19) NAJUNDE AP CHABUSIGI

21. Land in right walking stance, middle reverse punch GUNNUN SOGI, KAUNDE BANDAE JIRUGI

22. Circular block (left arm) (maintain stance as in 21) GUNNUN SOGI, DOLLYMIO MAKGI

23. Low front snap kick with the left leg towards B (keep hands as in 22) NAJUNDE AP CHABUSIGI

24.. Land in left walking stance, middle reverse punch GUNNUN SOGI, KAUNDE BANDAE JIRUGI

25. Lift right leg to face B (side-on) Left bending ready stance GUBURYO CHUNBI SOGI

26. Middle side-piercing kick with the right leg to B KAUNDE YOP CHAJIRUGI

27. Land right foot to left foot, then left foot anticlockwise to C Right L-stance, middle forearm guarding block

NIUNJA SOGI, KAUNDE PALMOK DAEBI MAKGI

28.. Move left foot to right foot, then right foot to D Left L-stance, middle forearm guarding block

NIUNJA SOGI, KAUNDE PALMOK DAEBI MAKGI

Bring right foot back to ready stance

Hints for Won-Hyo:

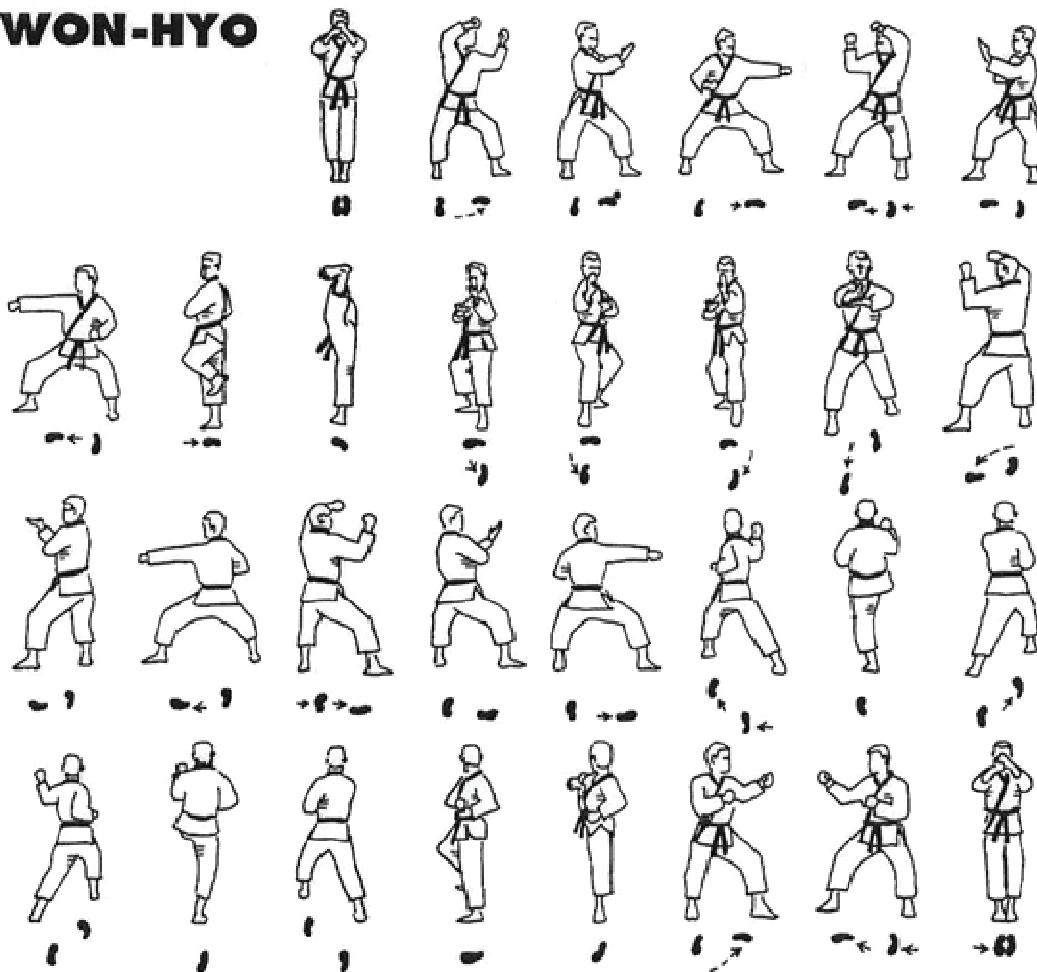
Side punch. When moving from L-STANCE to FIXED STANCE to perform a side punch, do not bring the front leg back. Move it straight forward to increase the speed (and thus power) of this technique.

Circular block. The upper body and head must remain upright. To drop this block low, drop the shoulder and the rear hip towards block.

Front kick, reverse punch. After the low kick (aimed at groin) try to finish the punch

and the walking stance at the same time

WON-HYO



Won-Hyo Pattern move by move