

PEEWEE DEVELOPMENT PROGRAMME

6th Gup



6th Gup (A)

TECHNIQUES

All techniques are done going forward 4 times and backward 4 times

1. Walking Stance Inner Forearm Circular Block
2. Fixed Stance Middle Obverse Punch
3. L-Stance High Inward Knife-hand Strike

PATTERN

(See website: <http://itkdc.com/patterns/won-hyo-tul/> for full pattern info)

1. Won-Hyo Tul
2. 4 Direction Hook Kick
3. 4 Direction Flying High Front Kick

LEG PLACEMENT

4 Direction

1. Side Piercing Kick

PAD WORK

1. Side Piercing Kick, Turning Kick, both feet
2. Double Turning Kick, both feet

SPARRING

1. Free Sparring, light contact

QUESTIONS

1. What is “**Inward Knifehand Strike**” in Korean ?
2. What is “**Fixed Stance**” in Korean ?
3. What is “**Circular Block**” in Korean ?
4. Can you say all the **Tenets** of Taekwondo ?
5. How many moves are in **Won-Hyo** ?
6. What does **Won-Hyo** Mean ?

Won-Hyo : **Won-Hyo** was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

ANSWERS

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