

Information For 6th Kup (Green belt going for blue stripe)

Technical

- **Understand and correctly perform** all 10th to 7th kup techniques.
- Identify the following parts of the body as TKD tools; palm, heel, knee, back elbow
- Name and correctly demonstrate; Close ready stance A, bending ready stance A, Fixed stance
- **Understand and correctly perform** the following defensive techniques; circular block, x-fist pressing block, palm upward block plus additional defensive techniques used in 2-step sparring
- **Understand and correctly perform** the following offensive techniques; Knifehand inward strike, Side punch, back elbow thrust, upset punch plus additional offensive techniques used in 2-step sparring
- **Correctly perform** 2-step sparring, semi-free sparring and free sparring
- **Correctly perform** pattern Won Hyo

- **Adults** - Power test using standard focus board: minimum of 2 breaks identifying techniques and tools.
- **Children** - measure up instead of breaking, both legs. A measure up is a slow motion kick showing the correct mechanics of the kick and holding the correct tool on the target at solar plexus height

Theory Test for 6th Kup Students

Please see student handbook for suggested theory.