


6th kup Theory Summary

Won-Hyo – 원효 – 28 movements	Won-Hyo Diagrammatic Symbol
Won-Hyo was a noted monk who introduced Buddhism into the Silla Dynasty in 686 A.D.	
Belt Meaning	Ibo Matsogi
Blue – signifies the heavens towards which the plant matures into a towering tree as training in Taekwon-Do progresses.	Two-step sparring is a combination of any hand and any foot attack in either order.
Theory of Power	
Reaction Force Exploit your opponent's momentum and utilise your own. Attacking in the direction opposite to your opponent's momentum maximises the impact of your technique. Counter your own movement with another part of your body to maximise your tool's acceleration while maintaining equilibrium.	Concentration Both physical and mental concentration. Focus impact to a precise tool and a small target location, at a split-second in time. Focus your mind to successfully execute a technique.
Equilibrium Keep the body well balanced both while still and while executing techniques. Maintain stability and flexibility both in static stances and moving dynamically.	Breath Control Tighten the core, tensing the abdomen, at the point of impact – for both delivering and receiving contact. Otherwise, breathing is relaxed but controlled.
Mass One factor of momentum. Utilise hip-twist and knee-spring appropriately to project maximum body mass into the technique.	Speed The other factor of momentum. Maximise acceleration of the tool throughout execution to maximise momentum at the point of impact.
Technique Terminology	
Stances <ul style="list-style-type: none"> • Close ready stance A – Moa junbi sogi A • Bending ready stance A – Guburyo junbi sogi A 	Tools <ul style="list-style-type: none"> • Palm – Sonbadak • X-fist – Kyocha joomuk • Elbow – Palkup
Techniques	
<ul style="list-style-type: none"> • High palm hooking block – Nopunde sonbadak golcho makgi • Palm upward block – Sonbadak ollyo makgi • X-fist pressing block – Kyocha joomuk noollo makgi • Twin vertical punch – Sang sewo jirugi • High double forearm block – Nopunde doo palmok makgi • Flat fingertip thrust – Opun sonkut tulgi • Twin upset punch – Sang dwijibo jirugi • Side elbow thrust – Yop palkup tulgi 	<ul style="list-style-type: none"> • Twin forearm block – Sang palmok makgi • Inward knife-hand strike – Anuro sonkal taerigi • Side punch – Yop jirugi • Side piercing kick – Yop cha jirugi • Knife-hand/Forearm guarding block – Sonkal/Palmok daebi makgi • Straight fingertip thrust – Sun sonkut tulgi • Circular block – Dollimyo makgi • Fast motion – Barun dongjak