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**Green Belt Terminology...Won Hyo**

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| **Green belt signifies the plants growth as the Tae Kwon Do skills begin to develop.** |

* **When was the TAGB formed?**  21st of august 1983
* **Why do you pull your hand back to your chest when performing inwards moving knifehand strike in Won Yo?**  It acts as a reaction force and is also in a ready position to perform block or strike, the arm also protects the ribs.
* **What is three step semi free sparring in Korean?**  Ban jayoo matsoki
* **Why do we do three step semi free sparring?** Advanced techniques, closer to free sparring, focus, distance, timing play a more important roll.

**Stances**

* Closed ready stance- moa junbi sogi
* Bending ready stance- guburyo junbi sogi
* Vertical stance- soo jit sogi

**Defensive Techniques**

* Outer forearm waist block- bakat palmok hori makgi
* Inner forearm circular block- an palmok dollimyo makgi
* Palm inward block- sonbadak anaero makgi

**Attacking Techniques**

* Side punch- yop jurugi
* Reverse knife hand inward strike- sonkal dung anaera taerigi
* Side piercing kick- yop cha jurugi
* Back kick- dwit chagi

**Parts of the Body**

* Foot sword- balkal
* Back sole- dwi kumchi
* Ball of the foot- ap kumchi
* Palm- sonbadak
* Reverse knife hand- sonkal dung

**Won Hyo is the name of the Silla Dynasty monk who introduced Buddhism to korea in AD 686. 28 MOVES**