

Turner Taekwon-Do

Green Belt - 6th Kup

PATTERN	WON HYO TUL
No. OF MOVEMENTS	28
No. OF STANCES	5

INTERPRETATION **WON HYO** was the noted Monk who introduced **Buddhism** to the Silla Dynasty in the year **686 A.D.**

BLUE - Signifies the Heaven towards which the plant matures into a towering tree as the training in Tae Kwon Do progresses

CLOSE READY STANCE A
MOA JUMBI SOGI A

INWARD KNIFE HAND STRIKE
ANERO SONKAL TARIGI

FIXED STANCE
GOJUNG SOGI

SIDE PUNCH
YOP JURIGI

BENDING READY STANCE
GUBURYO JUMBI SOGI

SIDE KICK
YOP CHAGI

CIRCULAR BLOCK
DOLIMIO MAKI

FOREARM GUARDING BLOCK
PALMOK DAEBI MAKGI