**6TH KUP GREEN BELT THEORY**

MEANING OF PATTERN WON HYO

WHO-HYO was the noted monk who introduced Buddhism in the Silla dynasty in the year 686 A.D.

Number of moves: 28.

MEANING OF BELT COLOUR GREEN

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop.

MEANING OF BELT COLOUR BLUE

Blue signifies the heaven towards which a plant matures into a towering tree as training in Tae Kwon-Do progresses.

KOREAN TERMINOLOGY

FIXED STANCE - GOJUNG SOGI   
CIRCULAR BLOCK - DOLLYMIO MAKGI   
HOOKING BLOCK - GOLCHO MAKGI   
WAIST BLOCK - HORI MAKGI   
FOREARM GUARDING BLOCK - PALMOK DAEBI MAKGI   
VERTICAL PUNCH - SEWO JIRUGI   
SIDE PUNCH - YOP JIRUGI   
REVERSE TURNING KICK - BANDAE DOLLYO CHAGI   
BENDING STANCE - GUBURYO SOGI   
CLOSE STANCE - MOA SOGI   
VERTICAL STANCE - SOOJIK SOGI   
BACK HEEL - DWIT CHOOK