

TERMINOLOGY APPLICABLE TO 6th KUP

Patterns:

Won-Hyo (28 movements): Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Stances:

<i>Gojung Sogi</i>	Fixed stance
<i>Guburyo Sogi 'A'</i>	Bending stance 'A'
<i>Moa Sogi</i>	Close stance
<i>Moa Junbi Sogi 'A'</i>	Close ready stance A – Hands level with your philtrum

Body Parts:

<i>Baldung</i>	Instep
<i>Balkut</i>	Toes
<i>Bokboo</i>	Abdomen
<i>Chiboo</i>	Pubic region
<i>Mori</i>	Head
<i>Myong Chi</i>	Solar plexus

Attacking movements:

<i>Dwit Cha Jirugi</i>	Back piercing kick
<i>Sonkal Annuro Taerigi</i>	Knifehand inward strike
<i>Yop Jirugi</i>	Side punch

Defensive Movements:

<i>Dollimyo Makgi</i>	Circular block
<i>Palmok Daebi Makgi</i>	Forearm guarding block

Sparring:

Ibo Matsoki Two-step sparring. A combination of any hand and any foot attack in either order; (Attacker in L-Stance, defender in parallel stance). Two steps must be taken.

General Terms:

<i>Gong gyuk gi</i>	Attack techniques
<i>Bang eo gi</i>	Defence techniques
<i>Ha bansin</i>	Foot parts
<i>Sang bansin</i>	Hand parts

General Information:

- When using *Gojung Sogi* (fixed stance) the weight must be distributed 50/50, whilst keeping the feet in an L-shape stance and the body must be half facing.
- *Mori* (the head) should only be used in extreme circumstances.
- The starting position for pattern **Won-Hyo** is *Moa Junbi Sogi 'A'*.