



Yordan's Black Belt Academy Training Sheet

6th Gup to 5th Gup– Green to High Green (Blue Stripe)

Always maintain knowledge from previous training sheets.

NEW PATTERN RESPONSIBLE FOR: WON-HYO

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

THEORY OF POWER:

The elements of power interact with each other and depend on each other. For example, if one does not have good concentration, one's equilibrium may suffer; and if one does not have good equilibrium, it can be difficult to employ reaction force or maintain speed.

Speed	Travel time of striking tool to target. Without speed, none of the others are useful. You must be relaxed to be fast – both mentally and physically.
Focus	Using the smallest tool to the most vulnerable target. One must concentrate all of one's physical and mental energy on one target and one purpose.
Balance	Maintaining your center of gravity (2" below your navel) low and equally distributed over your feet while keeping your body upright. You must remain flexible yet stable.
Breath Control	Exhaling at the moment of impact when striking, blocking, or receiving a blow. This ability to control one's breathing adds stamina and power to techniques.
Reaction Force	For every action there is an equal and opposite reaction. (Newton's Law)

TECHNIQUES:

Stances:

- X stance – forward movement
- Close ready stance A

Hand techniques:

- High section back fist in x stance
- Palm hooking block
- Twin knife hand block
- Horizontal elbow strike
- Double forearm block
- Vertical elbow attack

Foot techniques:

- Jump side kick – spinning
- Reverse vertical kick
- Jumping hook kick – stationary using the front leg
- Flying side kick

Sparring:

- One steps – minimum of six
Free sparring – no contact

Self Defense:

- Be prepared for all previous self defense techniques practiced in class.

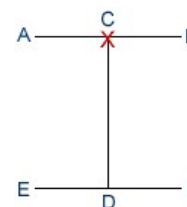
Breaking:

- Techniques and number of boards will be determined by the testing board.

Always continue work on prior patterns and goal sheets.

WON-HYO**28 MOVES**

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Directions for this pattern assume that the student is standing on line AB and facing D.

Ready Posture: Closed Ready Stance A

- | | |
|-----------|--|
| 1 | Move the left foot to B forming a right L-stance toward B while executing a twin forearm block. |
| 2 | Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B. |
| 3 | Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B. |
| 4 | Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block. |
| 5 | Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A. |
| 6 | Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A. |
| 7 | Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D. |
| 8 | Execute a middle side piercing kick to D with the left foot. |
| 9 | Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand. |
| 10 | Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand. |
| 11 | Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand. |
| 1 | Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip. |
| 12 | |
| 13 | Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block. |
| 14 | Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E. |
| 15 | Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E. |
| 16 | Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block. |
| 17 | Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F. |
| 18 | Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F. |
| 19 | Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm. |
| 20 | Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19. |
| 21 | Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist. |
| 22 | Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C. |
| 23 | Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22. |
| 24 | Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist. |
| 25 | Turn the face toward C forming a left bending ready stance A toward C. |
| 26 | Execute a middle side piercing kick to C with the right foot. |
| 27 | Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm. |
| 28 | Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm. |

END: Bring the left foot back to a ready posture.