



# 6<sup>th</sup> Kup Theory



**Blue:** Signifies the heavens towards which the plant matures into a towering tree as training in Taekwondo progresses

**Won-Hyo** (28 Movements): Won-Hyo was a noted monk who introduced Buddhism into the Silla Dynasty in the year 686 A.D.

## THE THEORY OF POWER

**Reaction force:** Exploit your opponent's momentum, and utilise your own. Attacking in the direction opposite to your opponent's momentum maximises the impact of your technique; counter your own movement with another part of your body to maximise your tool's acceleration while maintaining equilibrium.

**Concentration:** Both physical and mental. Focus impact to a precise tool and small target location, at a split-second in time; focus your mind to successfully execute a technique

**Equilibrium:** Keep the body well balanced both while stationary and while executing techniques. Maintain stability and flexibility both in static stances and whilst moving dynamically.

**Breath control:** Tighten the core, tensing the abdomen, at the point of impact; for both delivering and receiving contact. Otherwise breathing is relaxed but controlled.

**Mass:** One factor of momentum. Utilise hip twist and knee spring appropriately to project maximum body mass into the technique.

**Speed:** The other factor of momentum. Maximise acceleration of the tool throughout execution to maximise momentum at the point of impact.

**Close ready stance A:** *Moa junbi sogi 'A'*

**Foot shifting:** *Jajun bal*

**Palm:** *Sonbadak*

**X fist:** *Kyocha joomuk*

**Elbow:** *Palkup*

**High palm hooking block:** *Nopunde sonbadak golcho makgi*

**Palm upward block:** *Sonbadak ollyo makgi*

**X fist pressing block:** *Kyocha joomuk noollo makgi*

**Twin vertical punch:** *Sang sewo jirugi*

**Double forearm high block:** *Doo palmok nopunde makgi*

**Flat fingertip thrust:** *Opun sonkut tulgi*

**Twin upset punch:** *Sang dwijibo jirugi*

**Side elbow thrust:** *Yop palkup tulgi*