



6th 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*