




# THE PANTHERS DEN

Green Belt Requirements  
Grade – 6<sup>th</sup> Gup

Name: \_\_\_\_\_

Form Name	Movements	Definition
WON-HYO 	28	Won Hyo was the noted monk who introduced Buddhism to the Silla Dynast in the year 686 A.D.

**Minimum Time In Grade:** 25 classes



**Meaning of Green belt:** A Plant – growing from the ground.

**Free Sparring:** Will test skill, attitude and self control against opponent.

**3 Reasons for the ki-ap:**

- 1) To summon power from the mind, heart and body
- 2) To demoralize and startle the opponent
- 3) To prevent injury to the vital organs

**Breaking:** 2 targets one board each

**Korean terminology:**

Side block – *Yup Mackgee*

Reverse punch – *Pon Tay Chirigee*

knife hand strike (inward) – *Sonnal An-Chigi*

Side kick – *Yup Chagee*



**Membership Oath**

- We as members train our spirits and bodies according to the strict code.
- We as members are united in mutual friendship.
- We as members will comply with regulations and obey instructors.
- We as members will meditate and do our best to become patient and strong.

**Explain Push-Pull**

In oriental philosophy, it is called “yin-yang” (In Korean pronounced um-yang). As the circle in the center of the Korean flag, philosophy of complementary forces is used by the human body to create a greater force. This principal is based on using complimentary muscles in the body to create power. By pushing with one set of muscles and then pulling by their complements the human body can achieve extraordinary power. The simplest form and example of this principal can be demonstrated by a reverse punch. The maximum power is produced when one fist is pushed forward as the other one is pulled to the hip.

**Self-Defense:** 3 hand and 2 foot one step techniques.