

UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)



GRADING SYLLABUS FOR 10th Kup (White Belt) - 9th Kup (Yellow Tag) – issue 1, January 2014

<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>RING CRAFT</u>	<u>WTF OLYMPIC SPARRING</u>	<u>DESTRUCTION TECHNIQUES</u>	<u>Taekwondo Etiquette</u>	<u>KNOWLEDGE</u>
<ul style="list-style-type: none"> . Attention stance . Ready Stance . Horse riding stance . Long stance . Sparring stance Moving forwards & Backwards in Long stance 	<ul style="list-style-type: none"> . Single/double punch . Palm heel strike . High section Block . Thumb side block . Low section block . Finger side block . Thumb side block . Knife hand block All of the above blocks with middle target punch. 	<p>Sparring stance:</p> <p>Back leg kicks:</p> <ul style="list-style-type: none"> . ½ turning kick . Crescent kick <ul style="list-style-type: none"> -inwards -outwards . Front rising kick . Front kick (mid-section) . Side kick (mid-section) . Turning kick (mid-section) <p>Kicking Combinations</p> <ul style="list-style-type: none"> . front kick, side kick . front kick, turning kick . turning kick side kick . ½ turning kick, front rising kick 	<ul style="list-style-type: none"> . Gibonil . Sajugiligi (4 directional punch) 	<ul style="list-style-type: none"> 1 for 1 Kicking 2 for 1 Kicking 3 for 1 Kicking . Stepping . Movement . Reaction . Avoidance . Distancing <p>The ability to step smoothly and with speed is the utmost importance to be able to control the distance between yourself and your opponent.</p> <p>Therefore competition training involves practising a lot of stepping techniques.</p> <p>This also enables a student to develop good stamina and improve balance.</p>	<p>Technical free sparring Using basic kicks + stepping.</p> <p style="text-align: center;"><u>No Contact</u></p> <p><i>Not all students wish to compete, however all Taekwondo students should have a basic understanding of the skills required for and the rules of competition Taekwondo.</i></p> <p><i>This will enable them to pass on all aspects of WTF Taekwondo should they become instructors in the future.</i></p>	<p>Basic strikes and kicks against focus mitt.</p> <ul style="list-style-type: none"> . Front Kick . Side Kick . Turning Kick <p>Destruction etiquette</p> <p>Adjust wood to desired position/height.</p> <p>Bow to wood holders and to examiner.</p> <p>Adjust position/practice kicks (maximum two times).</p> <p>The person should single his intention to attempt the break by adopting a sparring stance and shouting (Ki-kap).</p> <p>The break should be attempted and on completion the Board holder and examiner should be bowed to.</p>	<p>Grading Etiquette During the grading the examiner will observe and mark the etiquette of the students.</p> <p>Clothing/Appearance White belts (10th kups) may be excused from wearing a Taekwondo suit. They should however endeavour to wear a plain, preferably white, tee shirt and jog bottoms. All other grades shall wear a suit.</p> <p>Taekwondo suits must be washed and ironed with only UTA/WTF approved badges. The belt must be properly tied.</p> <p>Only ladies may wear a T-shirt under their uniform that must be white in colour.</p> <p>All removable jewellery must be removed and nails cut to prevent injury.</p> <p>Dojang Etiquette during Grading Persons waiting to be called up must sit or stretch quietly.</p> <p>When called by name the person should respond with a loud "Sir" to the examiner and run to a designated spot and stand in attention stance.</p> <p>When the person's name is asked for he/she should respond with his/her name and grade and finish with "Sir".</p>	<p><i>Meaning of Taekwondo</i></p> <ul style="list-style-type: none"> - The way (do) of foot (tae) and fist (kwon). . <i>Country of origin</i> - Korea . <i>Meaning of WTF</i> - World Taekwondo Federation . <i>Meaning of TANI</i> - Taekwondo Association of Northern Ireland . <i>Meaning of UTA</i> - United Taekwondo Association . <i>Name in English:</i> <ul style="list-style-type: none"> -stances -kicks -blocks . <i>Tenets:</i> Etiquette, Modesty, Perseverance, Self Control, Indomitable Spirit . <i>1 - 10 in Korean:</i> <ul style="list-style-type: none"> (1)Hanna, (2)Dool, (3)Set, (4)Net, (5)Dasut, (6)Yausut, (7)lgope, (8)Yaudul, (9)Ahope, (10)Yaul . <i>President of WTF</i> - Dr Chungwon Choue . <i>Taekwondo Ancestry</i> <ul style="list-style-type: none"> . Grandmaster Kim Soo Ba 9th Dan . Grandmaster TW Shin 9th Dan . Master Glen Culbert . Club instructor . <i>Headquarters of WTF</i> - Kuk Ki Won . <i>Show how to make:</i> <ul style="list-style-type: none"> - a fist - a knife hand . <u><i>International Taekwondo Oath</i></u> <ul style="list-style-type: none"> . I shall never misuse Taekwondo . I shall observe the tenets of Taekwondo . I shall respect my instructor and seniors . I shall be a champion of freedom and justice . I shall build a more peaceful world

