

UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)
GRADING SYLLABUS FOR 2nd Kup (Red Belt) – 1st Kup (Black Tag) issue 1, January 2014



<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>SET SPARRING</u> <u>1 Step</u>	<u>RING CRAFT</u>	<u>WTF OLYMPIC SPARRING</u>	<u>DESTRUCTION TECHNIQUES</u>	<u>KNOWLEDGE</u>
<ul style="list-style-type: none"> . Attention stance . Ready Stance . Horse riding Stance . Right stance . Left stance . Moving forwards & Backwards in Long stance . Long stance . Sparring stance . Back stance . Walking stance . Axe stance . Tiger stance 	<p>Basic hand technique combinations moving forward backwards in long stance/ back stance</p> <p>Moving forwards + backwards any hand techniques of own choice.</p> <p>To include :</p> <p>Changing from one stance to another</p> <p>Using all basic stances including tiger stance and axe stance</p> <p>To use blocking, striking + punching. Combinations of 2–3 techniques</p> <p>Blocks and strikes to include :</p> <ul style="list-style-type: none"> .wedging blocks .double blocks .double strikes .block + strike same time <p>Using closed hand and knife hand techniques</p> <p>All techniques must be performed with good focus, power speed + balance.</p>	<p>Basic kicks, step & jump kicking techniques to a high standard with good focus, power, speed, and balance</p> <p>Kicking techniques of own choice.</p> <p>To include.</p> <p>Any combination of basic kicks, stepping kicks or 360 deg. Kicks</p> <p><u>Double kicks:</u></p> <ul style="list-style-type: none"> .Double ½ turning to body head .Double front kick body/ head .½ turning kick + back kick .½ turning kick + axe kick .½ turning kick + reverse turn kick. <p><u>Scissor jumping kicks</u></p> <p><u>Jump Kicks (back leg):</u></p> <ul style="list-style-type: none"> . jump back kick . jump side kick . jump turning kick . jumping front kick . Jumping Hook kick . jumping reverse turn kick <p><u>Spinning Kicks:</u></p> <p>Reverse turn kick</p>	<p>Gibonil</p> <p>Sajugiligi</p> <p>Taeguk 1 (IL Jang)</p> <p>Taeguk 2 (Ee Jang)</p> <p>Taeguk 3 (Sam Jang)</p> <p>Taeguk 4 (Sa Jang)</p> <p>Taeguk 5 (Oh Jang)</p> <p>Taeguk 6 (Yuk Jang)</p> <p>Taeguk 7 (Chil Jang)</p> <p>Taeguk 8 (Pal Jang)</p> <p>ANY POOMSE SELECTED BY THE EXAMINER</p>	<p><u>3 step Nos. 1-12</u></p> <p>1 step set sparring</p> <p>Using strikes to specific points on the body.</p> <ul style="list-style-type: none"> . hand combinations . foot combinations . hand + foot combination 	<p>. Stepping</p> <p>. Movement</p> <p>. Reaction</p> <p>. Avoidance</p> <p>. Distancing</p> <p>. Fitness</p> <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>1 for 1 Kicking 2 for 1 Kicking 3 for 1 Kicking</p> <p>Free technical sparring with basic combinations, stepping and counters.</p> <p><i>With body armour. Under Competition Rules</i></p> <p>Controlled 'Medium contact sparring to body, 'Light contact to head.</p>	<p><u>Slow motion kicks</u> against focus mitt, middle/high section.</p> <p>.Side kick low section + side middle/high section</p> <p>.Turning kick high section (holding for 3 secs)</p> <p><u>Kick techniques:</u></p> <ul style="list-style-type: none"> .Reverse turning kick .360 deg. jump back kick <p><u>Hand techniques:</u></p> <ul style="list-style-type: none"> .punch 2 boards .ridge hand 2 boards <p>(17+ yrs breaking board)</p> <p>(-16 yrs striking pads)</p>	<p><i>Korean for:</i></p> <ul style="list-style-type: none"> .Diamond block – Keumgang makki . Mountain block- Santeul makki .Half mountain block – Wessanteul makki .Single knuckle fist- Bam jeomeok .Covered fist – Bo jeomok <p><i>Olympic weight divisions</i></p> <p><i>Male Weight category</i> Not exceeding 58kg Over 58kg & not exceeding 68kg Over 68kg & not exceeding 80kg Over 80kg</p> <p><i>Female Weight category</i> Not exceeding 49kg Over 49kg & not exceeding 57kg Over 57kg & not exceeding 67kg Over 67kg</p> <p>5 Kwan's Chung Do Kwan. The Moo Duk Kwan Yun Moo Kwan Chang Moo Kwan Chi Do Kwan</p> <p>Why do we perform poomse</p> <p>Poomse are practised to improve Taekwondo techniques. When practising students develop flexibility of movement, mater body shifting, improves sparring techniques, balance and breath control. Poomse enable students to acquire techniques, which can not be obtained from other forms of training.</p> <p><i>Meaning of Taeguk 8(Pal Jang) and number of movements - Earth, 24 movements</i></p>
		<p><u>COUNTER KICKING TECHNIQUES</u></p> <p>Techniques to a high standard with good focus, power, speed, and balance</p> <p>Techniques of own choice</p> <p>Basic counter kicks with side stepping, checking kicks & double kicks</p>						

