

**UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)**  
**GRADING SYLLABUS FOR 3<sup>rd</sup> Kup (Red Tag) – 2<sup>nd</sup> Kup (Red Belt) issue 1, January 2014**



<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>SET SPARRING 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"> <li>. Attention stance</li> <li>. Ready Stance</li> <li>. Horse riding Stance</li> <li>. Right stance</li> <li>. Left stance</li> <li>Moving forwards &amp; Backwards in Long stance</li> <li>. Long stance</li> <li>. Sparring stance</li> <li>. Back stance</li> <li>.Walking stance</li> <li>. Axe stance</li> <li>. Tiger stance</li> </ul>	<p><b>Basic hand techniques forward backwards in long stance/ back stance</b></p> <p><u>Horse stance:</u></p> <ul style="list-style-type: none"> <li>. knife hand block, elbow strike, middle punch</li> <li>. knife hand block knife hand strike + side hammer strike</li> </ul> <p><u>Combinations strike, block stance</u></p> <ul style="list-style-type: none"> <li>. wedging block+ double upset punch</li> <li>.outer forearm wedging block, step axe stance double upset punch, set back long stance low axe block</li> <li>. inward knife hand strike and hand open hand block combination, long stance. Circular palm block step through punch</li> <li>. Back stance, forearm block, change long stance upper elbow strike, middle punch</li> <li>. back stance , double closed hand guarding block, double low knife hand guarding block change long stance punch</li> <li>. Horse stance, knife hand block, change long stance assisted elbow strike, middle punch</li> </ul>	<p>Basic kicks, step &amp; jump kicking techniques to a high standard with good focus, power, speed, and balance</p> <p><b>Kicking techniques of own choice.</b></p> <p>To include: Any combination of basic kicks, stepping kicks or 360 deg. Kicks</p> <p><u>Double kicks:</u></p> <ul style="list-style-type: none"> <li>.Double ½ turning to body then head</li> <li>.Double front kick body – head</li> </ul> <p><u>2 Kicks with same leg:</u></p> <ul style="list-style-type: none"> <li>. side kick to knee + side kick high section</li> </ul> <p><u>Scissor jumping kicks</u></p> <p><u>Jump Kicks (back leg):</u></p> <ul style="list-style-type: none"> <li>. jump back kick</li> <li>. jump side kick</li> <li>. jump turning kick</li> <li>. jumping front kick</li> <li>.Jumping Hook kick</li> </ul> <p><u>Spinning Kicks:</u></p> <ul style="list-style-type: none"> <li>.reverse turning kick</li> <li>.reverse crescent kick</li> <li>.360 deg. Axe kick</li> </ul>	<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>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"> <li>. hand combinations</li> <li>. foot combinations</li> <li>. hand + foot combination</li> </ul>	<p>1 for 1 Kicking 2 for 1 Kicking 3 for 1 Kicking</p> <ul style="list-style-type: none"> <li>. Stepping</li> <li>. Movement</li> <li>. Reaction</li> <li>. Avoidance</li> <li>. Distancing</li> <li>. Fitness</li> </ul> <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>Free technical sparring with basic combinations, stepping and counters.</p> <p><i>With body armour. Under Competition Rules</i></p> <p><b>Controlled 'Medium contact sparring to body, 'Light contact to head.</b></p>	<p><u>Slow motion kicks</u> against focus mitt, middle/high section.</p> <ul style="list-style-type: none"> <li>.Side kick middle section</li> <li>.Turning kick high section (holding for 3 secs)</li> </ul> <p><u>Kick techniques:</u></p> <ul style="list-style-type: none"> <li>.Reverse turning kick</li> <li>.jump back kick</li> <li>.Scissor jump front kick</li> </ul> <p><u>Hand techniques:</u></p> <ul style="list-style-type: none"> <li>.punch 2 boards</li> <li>.side hammer strike</li> </ul> <p>(17+ yrs breaking board)</p> <p>(-16 yrs striking pads)</p>	<p><i>Korean for:</i></p> <ul style="list-style-type: none"> <li>.parallel stance – narani seogi</li> <li>.easy stance – pyeoni seogi</li> <li>.crane stance – hakari seogi</li> <li>.closed stance – moa seogi</li> <li>.scissor block – gawi makki</li> <li>.circular block – dollimyo makki</li> <li>.back of the heel – dwicumchi</li> <li>.top of foot – baldeung</li> <li>.inside edge – balnaldeung</li> <li>.bottom of foot – balbadak</li> <li>.head – meo ri</li> <li>.neck – mok</li> <li>.chin – teok</li> <li>.nose – ko</li> <li>.eye – noon</li> <li>.mouth – ip</li> <li>.twin vertical punch – sang</li> <li>.turning punch – dolyo jirgi</li> <li>.C shaped punch – digeut jirugi</li> <li>.arc hand thrust – agwison chirugi</li> </ul> <p><u>What is poomse?</u></p> <p>Poomse (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress. A barometer in evaluating an individuals techniques.</p> <p><i>Meaning of Taeguk 7(Chil Jang) and number of movements - Mountain , 25 movements</i></p>
		<p><b><u>COUNTER KICKING TECHNIQUES</u></b></p> <p>Techniques to a high standard with good focus, power, speed, and balance</p> <p><b>Techniques of own choice</b></p> <p>Basic counter kicks with side stepping, checking kicks &amp; double kicks</p>						

