

UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)
GRADING SYLLABUS FOR 4th Kup (Blue Belt) – 3rd Kup (Red Tag) 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"> . 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 	<p>Basic hand techniques forward backwards in long stance</p> <ul style="list-style-type: none"> . reverse knife hand block . ridge hand block . side hammer strike <p><u>Horse stance:</u></p> <ul style="list-style-type: none"> . knife hand block, grab step through punch <p>. knife hand block + downward hammer strike</p> <p><u>Back stance – long stance</u></p> <ul style="list-style-type: none"> . double middle knife guarding block, double low guarding block <ul style="list-style-type: none"> . double knife guarding block, step forward long stance palm down block (same hand) followed by ridge hand strike (sha jang) <ul style="list-style-type: none"> . double knife hand block Change forward long stance, palm heal strike <ul style="list-style-type: none"> . Knife hand block (back stance) + back fist strike middle double punch (long stance) <ul style="list-style-type: none"> . back stance , inward block, knife hand strike + long stance back middle double punch <ul style="list-style-type: none"> . back stance inward knife block change long stance back fist, punch (same arm), fingertip strike 	<p>Moving forwards in <u>Sparring stance:</u></p> <p><u>Basic kicks & combinations</u></p> <ul style="list-style-type: none"> . Step hook kick <p><u>Kicking combinations:</u></p> <ul style="list-style-type: none"> . side kick to knee + side kick high section. . step axe kick + back kick . step push kick + axe Kick . ½ turning Kick + reverse turning kick. . 360 deg. ½ turning + back kick . Double Check side kick (front leg middle/ high section) + back kick <p><u>Scissor jumping kicks:</u></p> <ul style="list-style-type: none"> . side kick <p>. </p> <p><u>Jump Kicks (back leg):</u></p> <ul style="list-style-type: none"> . reverse crescent kick . jump side kick . jump turning kick <p><u>Spinning Kicks:</u></p> <ul style="list-style-type: none"> . reverse turning kick 	<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>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 	<ul style="list-style-type: none"> . Stepping . Movement . Reaction . Avoidance . Distancing . Fitness <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><u>Controlled 'Medium contact sparring to body, 'Light contact to head.</u></p>	<p><u>Slow motion kicks</u> against focus mitt, middle/high section.</p> <ul style="list-style-type: none"> .Side kick middle section .Turning kick high section (holding for 3 secs) <p><u>Kick techniques:</u></p> <ul style="list-style-type: none"> .Axe kick .jump back kick .Scissor jump front kick <p><u>Hand techniques:</u></p> <ul style="list-style-type: none"> .ridge hand strike .side hammer strike <p>(17+ yrs breaking board)</p> <p>(-16 yrs striking pads)</p>	<p><i>Korean for:</i></p> <ul style="list-style-type: none"> .about face – ja wang woo .point – deuk jum .warming – kyong go .time – shigan .X stance – koa seogi .paralle stance – narani seogi .scissor block – gawi makki .circular block – dollimyo makki <p><i>Meaning of:</i></p> <ul style="list-style-type: none"> .ETU-European Taekwondo Union .IOC – International Olympic Committee .GAISF – General Association of International Sports Federation .CISM – Conseil International Sportive Militaire <p><u>Meaning of Taeguk:</u> Taeguk is the origin of all things in the universe.</p> <p>Tae – means Enormity or Vastness Guk means Eternity</p> <p>Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taaeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything.</p> <p><i>Meaning of Taeguk 6 (Yuk Jang) and number of movements - Water, 23 moves</i></p>
		<p><u>COUNTER KICKING TECHNIQUES</u></p> <p>Basic counter kicks with side stepping</p> <ul style="list-style-type: none"> . axe kick front foot + back kick . counter check side kick + reverse turning Kick combination 						

