

UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)
GRADING SYLLABUS FOR 5th Kup (Blue Tag) – 4th Kup (Blue 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"> . 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 . knife hand block + back step knife hand strike <p><u>Back stance – long stance</u></p> <ul style="list-style-type: none"> . double middle knife guarding block, double low guarding block . knife hand block, change long stance knife hand strike (same hand) followed by ridge hand strike . double knife hand block step forward long stance, Fingertip strike . Knife hand block (back stance) + back fist strike middle punch (long stance) . back stance , inward block, knife hand strike + long stance back middle punch . 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 kick midsection + 360 deg. ½ turning kick high section . 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><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><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 	<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>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>Free technical sparring with basic combinations, stepping and counters.</p> <p><i>With body armour.</i> <i>Under Competition Rules</i></p> <p><u>Controlled 'Medium contact sparring to body, 'Light contact to head.</u></p> <p>. Slow motion kicks against focus mitt, middle/high section.</p> <p>. Side kick middle section</p> <p>. Turning kick high section (holding for 3 secs)</p> <p><u>Kick techniques:</u></p> <ul style="list-style-type: none"> . Axe kick . jump back kick <p><u>Hand techniques:</u></p> <ul style="list-style-type: none"> . ridge hand 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"> . sparring – kyorugi . tiger stance – beam seogi . strikes – chigi . side punch – yop jirugi . chin strike – teok chigi <p><i>Parts of the body:</i></p> <ul style="list-style-type: none"> . fore fist – ap jeomok . ball of foot – apchook . knife edge of foot – balnal . bottom of heel – dwi chook <p><u>Theory of power:</u></p> <p>Force = mass x acceleration</p> <p>Using:</p> <ol style="list-style-type: none"> 1 Reaction 2 Concentration 3 Balance 4 Breath control 5 Speed 6 Mass <p><u>Meaning of blue belt:</u></p> <p>Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.</p> <p><i>Meaning of Taeguk 5 (Oh Jang) and number of movements:</i></p> <p>Wind, 20 movements</p>	

