

**UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)**  
**GRADING SYLLABUS FOR 6th Kup (Green Belt) – 5<sup>th</sup> Kup (Blue Tag) issue 1, January 2014**



<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>SET SPARRING 3 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>Moving forwards &amp; Backwards in Long stance</li> <li>. Long stance</li> <li>. Sparring stance</li> <li>. Back stance</li> <li>. Walking stance</li> </ul>	<p><b>Basic hand techniques forward backwards in long stance/ back stance</b></p> <ul style="list-style-type: none"> <li>. ridge hand strike</li> <li>. double upset punch</li> <li>. upward elbow strike</li> <li>. fingertip strike</li> </ul> <p><u>Horse stance:</u></p> <ul style="list-style-type: none"> <li>. back step elbow strike</li> </ul> <p><u>Back stance – long stance</u></p> <ul style="list-style-type: none"> <li>. double knife hand guarding block, change long stance upward elbow strike</li> <li>. knife hand block, change long stance ridge hand strike</li> <li>. axe block change long stance, Fingertip strike</li> <li>. Knife hand block (back stance) + double upset punch (long stance)</li> <li>. back stance , palm heel block + long stance back ridge hand strike</li> <li>. back stance inward knife block change long stance back fist, punch (same arm)</li> </ul>	<p>Moving forwards in <u>Sparring stance:</u></p> <p><u>Basic kicks &amp; combinations</u></p> <ul style="list-style-type: none"> <li>. hook kick</li> </ul> <p><u>Kicking combinations:</u></p> <ul style="list-style-type: none"> <li>. side kick to knee + side kick middle section.</li> <li>. step axe kick + back kick</li> <li>. step push kick + axe Kick</li> <li>. ½ turning Kick + reverse turning kick.</li> <li>. 360 deg. ½ turning + back kick</li> <li>. Check side kick (front leg high section) + back kick</li> </ul> <p><u>Scissor jumping kicks:</u></p> <ul style="list-style-type: none"> <li>. front kick</li> <li>. axe kick</li> <li>. turning kick</li> <li>.</li> </ul> <p><u>Jump Kicks (back leg):</u></p> <ul style="list-style-type: none"> <li>. jump front kick</li> <li>. jump back kick</li> </ul> <p><u>Spinning Kicks:</u></p> <ul style="list-style-type: none"> <li>. reverse turning 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>ANY POOMSE SELECTED BY THE EXAMINER</p>	<p><u>3 step Nos. 9-12</u></p> <p>9. Defence: palm block to inside of forearm in back stance</p> <p>Counter: step back into horse stance elbow strike, step round into long stance high section rev. punch.</p> <p>10. Defence: palm block to outside of forearm in back stance</p> <p>Counter: mid-section turning kick, drop into horse stance then pull up into walking stance with hammer strike.</p> <p>11. Defence: knife hand block to outside of forearm in back stance.</p> <p>Counter: Pull/twist arm to straighten for stabbing block to back of elbow + front kick to face.</p> <p>12. Defence: Knife hand block to inside of forearm in back stance.</p> <p>Counter: Grab wrist, arc hand to throat (<i>then move hand to lapel</i>), leg sweep to take attacker down + kneel down for rev. punch to face</p>	<ul style="list-style-type: none"> <li>1 for 1 Kicking</li> <li>2 for 1 Kicking</li> <li>3 for 1 Kicking</li> <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.</i> <i>Under Competition Rules</i></p> <p><b><u>Controlled 'Medium contact sparring to body, 'Light contact to head.</u></b></p>	<p><u>Slow motion kicks</u> against focus mitt, middle section.</p> <ul style="list-style-type: none"> <li>.Side kick</li> <li>.Turning kick (holding for 3 secs)</li> </ul> <p><u>Kick techniques:</u></p> <ul style="list-style-type: none"> <li>.side kick</li> <li>.front kick</li> <li>.turning kick</li> <li>.back kick</li> </ul> <p><u>Hand techniques:</u></p> <ul style="list-style-type: none"> <li>.out ward knife hand 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>.right – oreun</li> <li>.left – wen</li> <li>.high target – injun</li> <li>.middle target – myongchi</li> <li>.body protector – hogoo</li> <li>.break – galyo</li> <li>.continue – keysork</li> </ul> <p><i>blocks – makki</i></p> <ul style="list-style-type: none"> <li>.wedging block – hechyo makki</li> <li>.side block – yop makki</li> </ul> <p><i>Strikes – chigi</i></p> <ul style="list-style-type: none"> <li>.upset punch – chi jirugi</li> <li>.twin upset punch – sang chi jirugi</li> </ul> <p><i>Kicks - chagi</i></p> <ul style="list-style-type: none"> <li>.double kick – doobal dangseong chagi</li> <li>.knee kick – meorup chagi</li> <li>.hook kick – hooryo chagi</li> </ul> <p><i>Parts of the body:</i></p> <ul style="list-style-type: none"> <li>.fist - jeomok</li> <li>.knife hand – sonnol</li> <li>.reverse knife hand – sonnol deung</li> <li>.arm – pal</li> <li>.elbow – palkoop</li> <li>.leg – dari</li> </ul> <p><i>Meaning of IOC –International Olympic Committee</i></p> <p><i>Meaning of Taeguk 4 (Sah Jang) and number of movements - Thunder, 20 moves</i></p>
		<p><b><u>COUNTER KICKING TECHNIQUES</u></b></p> <p>Basic counter kicks with side stepping</p> <ul style="list-style-type: none"> <li>. double ½ turning kick front foot/ back foot (middle – high)</li> <li>. counter side kick + back Kick combination</li> </ul>						

