

**UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)**  
**GRADING SYLLABUS FOR 7th Kup (Green Tag) – 6<sup>th</sup> Kup (Green Belt) 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>
<p>. Attention stance</p> <p>. Ready Stance</p> <p>. Horse riding Stance</p> <p>Moving forwards &amp; Backwards in Long stance</p> <p>. Long stance</p> <p>. Sparring stance</p> <p>. Back stance</p> <p>. Walking stance</p>	<p><b>Basic hand techniques forward backwards in long stance</b></p> <p><u>Horse stance:</u></p> <p>. elbow strike</p> <p>. knife hand block + elbow strike</p> <p><u>Back stance</u></p> <p>. double knife hand guarding block</p> <p><u>Back stance – long stance</u></p> <p>. inward block change long stance, inward knife hand strike</p> <p>. knife hand block, change long stance knife hand strike</p> <p>. Double knife hand block change long stance, punch</p> <p>. Knife hand axe block (back stance) + inward knife hand strike (long stance)</p> <p>. back stance , palm heel block + long stance back fist strike</p> <p>. back stance inward knife block change long stance back fist (same arm)</p>	<p>Moving forwards in <u>Sparring stance:</u></p> <p><u>Basic kicks &amp; combinations</u></p> <p><u>Kicking combinations:</u></p> <p>. step turning kick high section + back kick</p> <p>. step side kick + back kick</p> <p>. step push kick + axe kick</p> <p>. step double ½ turning Kick + back kick.</p> <p>. 360 deg. ½ turning + back kick</p> <p>. Check side kick (front leg middle section) + back kick</p> <p><u>Scissor jumping kicks:</u></p> <p>. front kick</p> <p>. axe kick</p> <p><u>Jump Kicks (back leg):</u></p> <p>. jump front kick</p> <p><u>Spinning Kicks:</u></p> <p>. reverse turning 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>ANY POOMSE SELECTED BY THE EXAMINER</p>	<p><u>3 step Nos. 5-8</u></p> <p>5. Defence: finger side block to inside of forearm in back stance.</p> <p>Counter: step out on 3<sup>rd</sup> attack 45 deg. Horse stance, finger side block + side punch</p> <p>6. Defence: back stance knife hand block to inside of forearm.</p> <p>Counter: step out on 3<sup>rd</sup> attack 45 deg. Horse stance, knife hand block + inward knife hand strike.</p> <p>7. Defence: Finger side block to inside of forearm, back stance.</p> <p>Counter: slide back 45 deg. on 3<sup>rd</sup> attack into back stance closed fist double guarding block, then high section front kick + high/middle double punch in long stance</p> <p>8. Defence: Knife hand block to inside of forearm, back stance.</p> <p>Counter: on 3<sup>rd</sup> attack slide back 45 deg. back stance knife hand double guarding block, then high section sidekick + back fist in back stance.</p>	<p>1 for 1 Kicking</p> <p>2 for 1 Kicking</p> <p>3 for 1 Kicking</p> <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></p> <p><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> <p>.Side kick</p> <p>.Turning kick (holding for 3 secs)</p> <p><u>Kick techniques:</u></p> <p>.side kick</p> <p>.front kick</p> <p>.turning kick</p> <p>.back kick</p> <p><u>Hand techniques:</u></p> <p>.out ward knife hand strike</p> <p>(17+ yrs breaking board)</p> <p>(-16 yrs striking pads)</p>	<p><i>Korean for:</i></p> <p>.<i>pattern</i> – Poomse</p> <p>.<i>sparring</i> - Gyorugi</p> <p>.<i>breaking</i> – Kyukpa</p> <p>.<i>master</i> – Kwan Chang Nim</p> <p>.<i>flag</i> – Kook Gie</p> <p>.<i>return to start</i> – Baro</p> <p>.<i>x block</i> – Eotgorea makki</p> <p>.<i>up ward block</i> – Chukyo makki</p> <p>.<i>strikes</i> – Chigi</p> <p>.<i>hammer fist strike</i> – Mei jeomok chigi</p> <p>.<i>elbow strike</i> – Palkop chigi</p> <p>.<i>thrust</i> – Chirugi</p> <p>.<i>finger tip strike</i> – Pyonsonkeut chirugi</p> <p>.<i>ridge hand strike</i> – Sonnel deung chigi</p> <p>.<i>360 deg. turning kick</i> – Umdum dolyo chagi</p> <p>.<i>jump kick</i> – Twieo chagi</p> <p>.<i>reverse crescent kick</i> – Bandae bandal chagi</p> <p><b>.reverse turning kick – Bandae Dolyo Chagi</b></p> <p>.<i>scissor kick</i> – Gawi chagi</p> <p><i>Meaning of Green belt</i> – Signifies the plants growth as Taekwondo skills begin to develop.</p> <p><i>Meaning of Taeguk 3 (Sam Jang) and no. Of moves</i> – Fire &amp; Sun 20 moves.</p>
		<p><b><u>COUNTER KICKING TECHNIQUES</u></b></p> <p>. turning kick high section front foot</p> <p>. double ½ turning kick front foot/ back foot</p> <p>. counter back kick</p>						