

UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)
GRADING SYLLABUS FOR 8th Kup (Yellow Belt) – 7th Kup (Green 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>
. Attention stance . Ready Stance . Horse riding Stance Moving forwards & Backwards in Long stance . Long stance . Sparring stance . Back stance . Walking stance	<u>Long stance techniques</u> Single/double punch . Palm heel strike . High section Block . Thumb side block . Low section block . Finger side block . Thumb side block . Knife hand block . Knife hand strike All of the above with double punch. Moving forwards & backwards in <u>Back stance:</u> .double Guarding block .Knife hand or closed fist axe block .Knife hand block + knife hand strike (same arm) .back fist strike <u>Back stance into long stance:</u> . Double guarding block, Punch . Back fist . knife block, inward knife hand strike . Back fist	Moving forwards in <u>Sparring stance:</u> <u>Basic kicks & combinations</u> Check side kick (front leg middle section) <u>Stepping kicks:</u> . ½ turning . double ½ turning . mid sect front . mid sect side . mid sect turning . axe . push . crescent <u>Spinning kicks:</u> . 360 deg. ½ turning kick, . 360 ½ turning + back kick . reverse crescent kick . back side-kick <u>COUNTER KICKING TECHNIQUES</u> .Slide back, turning kick .Slide back, axe kick (front & back leg) .Counter Front kick .Counter Axe Kick .Counter Crescent Kick .Counter ½ Turning Kick	Gibonil Sajugiligi Taeguk 1 (IL Jang) Taeguk 2 (Ee Jang) ANY POOMSE SELECTED BY THE EXAMINER	3 Step set sparring teaches the student proper distance, control, correct facing, forearm conditioning, correct blocking, control of stance, counter attacks and timing. Attack: 3 punches starting with right fist to solar plexus. <u>3 step Nos. 1-4</u> 1. Defence: Thumb side block to inside of forearm in long stance. Counter: Reverse punch in long stance to solar plexus. 2. Defence: Stabbing block to inside of forearm in back stance. Counter: Back fist in long stance to face 3. Defence: Finger side block to outside of forearm in back stance. Counter: Step out into horse stance, with double punch to lower ribs. 4. Defence: Knife hand block to outside of forearm in back stance. Counter: Knife hand strike to lower ribs, leaping in with back stance.	1 for 1 Kicking 2 for 1 Kicking 3 for 1 Kicking . Stepping . Movement . Reaction . Avoidance . Distancing . Fitness The ability to step smoothly and with speed is the utmost importance to be able to control the distance between yourself and your opponent. Therefore competition training involves practising a lot of stepping techniques. This also enables a student to develop good stamina and improve balance.	Free technical sparring with basic combinations, stepping and counters. <i>With body armour.</i> <i>Under Competition Rules</i> <u>Controlled 'Medium contact sparring to body. 'Light contact to head.</u>	<u>Slow motion kicks</u> against focus mitt, Middle section .Side kick .Turning kick (holding for 3 secs) <u>Full contact kicks</u> against kick bag: . front kick . side kick . turning kick . back kick (17+ yrs kick bags) (-16 yrs striking pads) Destruction etiquette Adjust wood to desired position/height. Bow to wood holders and to examiner. Adjust position/practice kicks (maximum two times). The person should single his intention to attempt the break by adopting a sparring stance and shouting (Ki-kap). The break should be attempted and on completion the Board holder and examiner should be bowed to	<i>Korean for:</i> .Uniform – Dobok .Training hall – Dojang .Belt – Tee .Instructor – Sa Boem Nim .Pattern – Poomse .Start – Shijak .Stop – Geuman .Turn around – Dwiwo Dorra .Block – Makki .Guarding block – Godero Makki .Palm block – Batang Son Makki .Reverse knifehand block – Sonnal Deung Makki .Palm strike – Batang Son Chigi .Neck strike – Mok Chigi .Back fist strike – Deung Jeomok Chigi .Back side kick – Dwi Yop Chagi .Inward Crescent kick – An Bandal Chagi .Outward Crescent kick – Bakat Bandal Chagi .Rising kick – Ap Oligi Chagi <u>UTA OATH</u> .As a member of Tekwondo, I do solemnly pledge to abide by the rules and regulations of the United Taekwondo Association . To strive always to be modest, courteous and respectful to all members, in particular to my seniors. . To put the art into use only for self-defence, or in defence of the weak, and never to abuse my knowledge of the art. . Show 3 major target / vital points <i>Meaning of Taeguk 2: (Ee Jang) and number of movements – Joyfulness, 18 moves</i> . <i>Meaning of Yellow Belt</i> – Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid.

