

UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)



GRADING SYLLABUS FOR 9th Kup (Yellow Tag) – 8th Kup (Yellow Belt) - issue 1, January 2014

<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>RING CRAFT</u>	<u>WTF OLYMPIC SPARRING</u>	<u>DESTRUCTION TECHNIQUES</u>	<u>Taekwondo Etiquette</u>	<u>KNOWLEDGE</u>
<ul style="list-style-type: none"> . Attention stance . Ready Stance . Horse riding Stance Moving forwards & Backwards in Long stance . Long stance . Sparring stance . Back stance . Walking stance 	<ul style="list-style-type: none"> . <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 single punch or palm strike <u>Back stance techniques</u> . Inward block . Knife hand block . Knife hand strike 	<p>Moving forwards in sparring stance:</p> <p><u>Back leg kicks:</u></p> <ul style="list-style-type: none"> . side kick (mid-section) . turning kick (high- section) . front kick (high-section) . ½ tuning (high-section) . push kick . axe kick . crescent kick <ul style="list-style-type: none"> - inside + outside (using same leg) . back kick <p>All the above as combinations</p> <p><u>Stepping kicks:</u></p> <ul style="list-style-type: none"> . Back steps ½-turning kick. . step ½ turning kick . step ½ turning, + ½ turning combination (mid/high) <p><u>COUNTER KICKS</u></p> <ul style="list-style-type: none"> . slide backwards then counter ½ turning kick 	<ul style="list-style-type: none"> .Gibonil .Sajugiligi .Taeguk 1 (IL Jang) 	<ul style="list-style-type: none"> 1 for 1 Kicking 2 for 1 Kicking 3 for 1 Kicking . Stepping . Movement . Reaction . Avoidance . Distancing <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>Technical free sparring with basic combination of kicks + stepping</p> <p style="text-align: center;"><u>Non-Contact</u></p>	<p>Basic strikes and kicks against focus mitt.</p> <ul style="list-style-type: none"> . Front kick . Side kick . Turning Kick . Back kick <p><u>Destruction etiquette</u></p> <p>Adjust wood to desired position/height.</p> <p>Bow to wood holders and to examiner.</p> <p>Adjust position/practice kicks (maximum two times).</p> <p>The person should single his intention to attempt the break by adopting a sparring stance and shouting (Ki-kap).</p> <p>The break should be attempted and on completion the examiner should be bowed to.</p>	<p>Never Misuse the Art</p> <p>No student can change schools without the prior permission from both instructors concerned</p> <p>Be loyal to your instructor. Loyalty is an important part of Taekwondo philosophy</p> <p>Remain courteous and modest at all times, including behaviour outside the Dojang</p> <p>Always be helpful to students of more junior Grade and be prepared to pass on knowledge you have attained</p> <p>Observe the Tenets of Taekwondo,</p> <p>Etiquette, Modesty, Perseverance, Self Control, Indomitable Sprit</p>	<p><i>Korean for:</i></p> <ul style="list-style-type: none"> .stance – Seogi .long stance – Apkoobi Seogi .walking stance – Ap Seogi .back stance – Dwikoobi Seogi .horse stance – Joochum Seogi .attention stance – Charyot Seogi .bow – Kyong Ye .ready stance – Junbi .low section – Arae .middle section – Momtong .high section – Eogool .block – Makki .low section block – Arae Makki .middle section block – Momtong Makki .high section block – Eogool Makki .thumb side forearm block – An Palmok Makki .finger side forearm block – Bakat Palmok Makki .stabbing block – An Makki .knife hand block – Sonnal Makki .strike – Chigi .punch – Jirugi .back fist strike – Deung Jeomok .knife hand strike – Sonnal Chigi .kick – Chagi .front kick – Ap Chagi .side kick – Yop Chagi .turning kick – Dolyo Chagi .back kick – Dwi Chagi .axe kick – Chigo Chagi <p><i>Meaning of Taeguk 1 (IL Jang) and number of movements - Heaven and Light, 18 moves</i></p> <p><i>Meaning of white belt – signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo.</i></p>

