



United Taekwondo Association
Northern Ireland

Kup Grading Knowledge Syllabus (October 2017)



10th Kup Knowledge Test

Taekwondo means

The way (do) of foot (tae) and fist (kwon).

Origin

Taekwondo origins from Korea

Meaning of

WT: World Taekwondo

UTA: United Taekwondo Association

BT: British Taekwondo

Tenets of Taekwondo

Etiquette

Modesty

Perseverance

Self-control

Indomitable Spirit

Count 1 - 10 in Korean:

- (1) Hanna
- (2) Dool
- (3) Set
- (4) Net
- (5) Dasut,
- (6) Yausut
- (7) ilgope
- (8) Yaudul
- (9) Ahop
- (10) Yaul

President of WTF: Dr Chungwon Choue

Headquarters of WTF Kuk Ki Won

Kukkiwon was built in 1972

International Taekwondo Oath

As a student of Taekwondo

I shall never misuse Taekwondo

I shall observe the tenets of Taekwondo

I shall respect my instructor and seniors

I shall be a champion of freedom and justice

I shall build a more peaceful world

Name in English: stances - kicks- blocks

Taekwondo Ancestry

Kwan - Changmookwan

Grandmaster Kim Soo Ba 9th Dan

Grandmaster TW Shin 9th Dan

Show how to make:

- 1. Fist
- 2. Knife hand

9th Kup Knowledge Test

Testing from 9th Kup to 8th Kup

Korean Terminology

- | | |
|-----------|----------|
| 1. Punch | Jireugi |
| 2. Kick | Chagi |
| 3. Strike | Chigi |
| 4. Thrust | Tzireugi |
| 5. Block | Makki |
| 6. Stance | Seogi |
| 7. Ready | Junbi |

PARTS OF THE HAND

- | | |
|-----------------|--------------------|
| 1. Son | Hand |
| 2. Jeomok | Fist |
| 3. Sonnal | Knife hand |
| 4. Sonnal Deung | Reverse Knife hand |

PARTS OF THE FOOT

- | | |
|-------------|--------------------|
| 1. Bai | Foot |
| 2. Apchook | Ball of the foot |
| 3. Dwichook | Bottom of the heel |
| 4. Baldeung | Top of the foot |


GENERAL TERMS

- | | |
|-------------|-----------------|
| 1. Charyot | Attention |
| 2. Kyong Ye | Bow |
| 3. Junbi | Ready |
| 4. Shijak | Start |
| 5. Baro | Return to start |
| 6. Arae low | Section |
| 7. Momtong | Middle section |
| 8. Eogool | High section |

POOMSAE

1	TaeGuk II Jang	18	Heaven & Light	Keon	
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Meaning of Belts

Belt	Kup Grade	Belt & Meaning
	10th Kup 9th Kup	White Belt Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo

8th Kup Knowledge Test

Testing from 8th Kup to 7th Kup

SEOGI (STANCE)

- | | |
|------------------|---------------------|
| 1. Moa seogi | Closed stance |
| 2. Naranhi seogi | Parallel stance |
| 3. Ap seogi | Walking stance |
| 4. Ap kubi | Forward/long stance |

MAKKI (BLOCK)

- | | |
|--------------------|--------------------|
| 1. Arae makki | Low block |
| 2. Momtong makki | Middle block |
| 3. Momtong anmakki | Middle inner block |
| 4. Olgul makki | High block |

CHAGI (KICKING)

- | | |
|-----------------|-------------------|
| 1. Ap chagi | Front kick |
| 2. Dollyo chagi | Turning kick |
| 3. Yop chagi | Side Kick |
| 4. Bit chagi | Half turning kick |


JIREUGI (PUNCHING)

- | | |
|---------------------------|---------------------|
| 1. Baro jireugi | Reverse Punch |
| 2. Bandae Jireugi | Punch |
| 3. Olgul jireugi | High |
| 4. Momtong dubeon jireugi | Double middle punch |



GENERAL TERMS

- | | |
|------------|---------------|
| 1. Dobok | Uniform |
| 2. Dojang | Training hall |
| 3. Belt | Tee |
| 4. Poomse | Pattern |
| 5. Kyorugi | Sparring |

POOMSAE

2	TaeGuk Ee Jang	18	Joyfulness	Tae	
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Meaning of Belts

 	8th Kup 7th Kup	<p>Yellow Belt</p> Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid
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7th Kup Knowledge Test

Testing from 7th Kup to 6th Kup

Korean Terminology

SEOGI (STANCE)

- | | |
|----------------------|---------------------|
| 1. Dwitkubi | Back stance |
| 2. Oreun / Wen seogi | Right / left stance |
| 3. Juchum seogi | Horse Riding stance |

MAKKI (BLOCK)

- | | |
|-----------------------|---------------------------|
| 1. Bakat Palmok Makki | Finger side forearm block |
| 2. An Makki | Inner block |
| 3. Sonnal Makki | Knife hand block |
| 4. Hansonnal makki | Single knife hand block |

CHAGI (KICKING)

- | | |
|-----------------------|-----------------------|
| 1. Chigo Chagi | Axe kick |
| 2. Dwi Yop Chagi | Back side kick |
| 3. An Bandal Chagi | Inward Crescent kick |
| 4. Bakat Bandal Chagi | Outward Crescent kick |


CHIGI (STRIKE)

- | | |
|------------------------|------------------------------|
| 1. Batang Son Chigi | Palm strike |
| 2. Mok Chigi | Neck strike |
| 3. Deung Jeomok Chigi | Back fist strike |
| 4. Sonnal Bakkat chigi | Knife hand outer neck strike |

GENERAL TERMS

- | | |
|-----------|-------|
| 1. Oreun | Right |
| 2. Wen | Left |
| 3. Shijak | Start |
| 4. Geuman | Stop |

POOMSAE

3	TaeGuk Sam Jang	20	Fire & Sun	Ri	
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6th Kup Knowledge Test

Testing from 6th Kup to 5th Kup

Korean Terminology

SEOGI (STANCE)

- | | |
|------------------|------------------------|
| 1. Kkoa seogi | Crossed stance |
| 2. Dwikkoa seogi | Back crossed stance |
| 3. Apkkoa seogi | Forward crossed stance |

MAKKI (BLOCK)

- | | |
|-------------------------------|---------------------------|
| 1. Batangson momtong an makki | Palm hand middle block |
| 2. Momtong hecho makki | Double outer middle block |
| 3. Olgul bakkatmakki | High outer block |
| 4. Neryo makki | Down ward block |

CHAGI (KICKING)

- | | |
|-------------------------|-----------------------|
| 1. Ap Oligi Chagi | Rising kick |
| 2. Dubal dangsang chagi | Double kick |
| 3. Dwi chagi | Back Kick |
| 4. Umdum dollyo chagi | 360 deg. turning kick |

CHIGI (STRIKE)

- | | |
|--------------------------|------------------------|
| 1. Palkop chigi | Elbow strike |
| 2. Hansonnal mok chigi | Knife hand neck strike |
| 3. Mejumeok naeryo chigi | Hammer strike |
| 4. Mureup chigi | Knee strike |

GENERAL TERMS

- | | |
|----------------|-------------|
| 1. Dwiro Dorra | Turn around |
| 2. Shi Yo | Relax |
| 3. Haessan | Dismiss |
| 4. Kyukpa | Destruction |

POOMSAE

4	TaeGuk Sah Jang	20	Thunder	Jin	
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Meaning of Belts

	6th Kup	Green Belt Signifies the plants growth as Taekwondo skills begin to develop
	5th Kup	

General Information

Meaning of IOC –International Olympic Committee

5th Kup Knowledge Test

Korean Terminology

MAKKI (BLOCK)

- | | |
|------------------------|---------------------------|
| 1. Kawi makki | Scissors block |
| 2. Momtong hecho makki | Double outer middle block |
| 3. Otkoreo arae makki | X low block |
| 4. Olgul bakkatmakki | High outer block |

JIREUGI (PUNCHING)

- | | |
|------------------|------------|
| 1. Olgul jireugi | High punch |
| 2. Yop jireugi | Side punch |

CHAGI (KICKING)

- | | |
|-----------------------|-----------------------|
| 1. Twieo chagi | Jump kick |
| 2. Badae bandal chagi | Reverse crescent kick |
| 3. Badae Dolyo Chagi | Reverse turning kick |
| 4. Gawi chagi | Scissor kick |

CHIGI (STRIKE)

- | | |
|--------------------------|---------------------|
| 1. Mejumeok naeryo chigi | Hammer strike |
| 2. Mureup chigi | Knee strike |
| 3. Palkup pyojeok chigi | Target elbow strike |


COMPETITION TERMS

- | | |
|----------------|----------------|
| 1. Ho Goo | Body Protector |
| 2. Ja Wang Woo | Face about |
| 3. Deuk Jum | Point |
| 4. Kyong Go | Warning |

GENERAL TERMS

- | | |
|-------------|---------------|
| 1. Kook gie | National Flag |
| 2. Injun | High Target |
| 3. Myongchi | Middle target |

POOMSAE

5	TaeGuk Oh Jang	20	Wind	Seon	
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4th Kup Knowledge Test

Testing from 4th Kup to 3rd Kup

CHAGI (KICKING)

- | | |
|---------------------------------|-----------------------------------|
| 1. Yopchago palkup pyojeokchigi | Side kick and elbow target strike |
| 2. Pyojeok chagi | Target kick |
| 3. Hooryo chagi | Hook kick |

CHIGI (STRIKE)

- | | |
|-----------------------------|------------------------|
| 1. Palkup pyojeok chigi | Target elbow strike |
| 2. Deungjumeok bakkat chigi | Back fist outer strike |
| 3. Deungjumeok ap chigi | Back fist front strike |

PARTS OF THE HAND

- | | |
|-----------------|-------------|
| 1. Pyeonsonkeut | Finger tip |
| 2. Agwison | Arc hand |
| 3. Ap Jeomok | Fore fist |
| 4. Deung Jeomok | Back fist |
| 5. Mei Jeomok | Hammer fist |

PARTS OF THE FOOT

- | | |
|----------------|-------------------------|
| 1. Dwicumchi | Back of the heel |
| 2. Baldeung | Top of the foot |
| 3. Balnaldeung | Inside edge of the foot |
| 4. Balbadak | Bottom of the foot |

COMPETITION TERMS

- | | |
|-------------|-----------------|
| 1. GamJum | Deduction point |
| 2. Kalyo | Break |
| 3. Key Sork | Continue |
| 4. Shigan | Time |

Meaning of Taeguk:


Taeguk is the origin of all things in the universe.

Tae – means Enormity or Vastness


Guk means Eternity

Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taaeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything.

POOMSAE

6	TaeGuk Yuk Jang	19	Water	Gam	
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Meaning of Belt

	4th Kup 3rd Kup	Blue Belt Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses
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3rd Kup Knowledge Test

Testing from 3rd Kup to 2nd Kup

TZIREUGI (THRUSTING)

- | | |
|--------------------------------|------------------------|
| 1. Pyonsonkeut sewo tzireugi | Erected spear hand |
| 2. Pyonsonkeut upeo tzireug | Spear hand |
| 3. Pyonsonkkeut jecho tzireugi | Turned over spear hand |


PARTS OF THE HAND

- | | |
|-----------------|---------------------|
| 1. Bam Jeomeok | Single knuckle fist |
| 2. Bo Jeomok | Coveered fist |
| 3. Pyeonsonkeut | Finger tip |
| 4. Agwison | Arc hand |

PARTS OF THE BODY

- | | |
|--------------|-----------------------|
| 1. Pal | Arm |
| 2. Eogool | Face (high section) |
| 3. Momtong | Body (middle section) |
| 4. Arae | Groin (Low section) |
| 5. An Palmok | Inner forearm |
| 6. Balkat | Outer forearm |
| 7. Palkoop | Elbow |
| 8. Dari | Leg |
| 9. Meorup | Knee |
| 10. Son | Hand |
| 11. Bal | Foot |
| 12. Meo Ri | Head |
| 13. Mok | Neck |
| 14. Teok | Chin |
| 15. Ko | Nose |
| 16. Noon | Eye |
| 17. Ip | Mouth |

POOMASE

7	TaeGuk Chil Jang	25	Mountain	Gan	
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GENERAL INFORMATION

Theory of power:

Force = mass x acceleration

Using:

- 1 Reaction
- 2 Concentration
- 3 Balance
- 4 Breath control
- 5 Speed
- 6 Mass

2nd Kup Knowledge Test

Testing from 2nd Kup to 1st Kup

SEOGI (STANCE)

- | | |
|-------------------|----------------------|
| 1. Beom seogi | Tiger stance |
| 2. Hakdari seogi | Crane stance |
| 3. Kyotdari seogi | Assisting stance |
| 4. Ogeum seogi | Crossed crane stance |

MAKKI (BLOCK)

- | | |
|--------------------------|------------------------------|
| 1. Otkoreo arae makki | X low block |
| 2. Kodureo bakkat makki | Supported outer middle block |
| 3. Wesanteul makki | Single mountain block |
| 4. Kodureo arae makki | Supported low block |
| 5. Batangson nullo makki | Palm pressing block |
| 6. Keumgang momtong makk | Diamond middle block |

JIREUGI (PUNCHING)

- | | |
|---------------------------|------------------------|
| 1. Jecho jireugi | Uppercut |
| 2. Dujumeok jecho jireugi | Double middle uppercut |
| 3. Dankyo teok jireugi | Pulling uppercut |

READY POSITION (JUNBI)

- | | |
|--------------------|--|
| 1. Gibon Junbi | Basic Ready Position |
| 2. Kyopson Junbi | Left hand over right (Pyongwon Poomsae) |
| 3. Tongmilgi Junbi | Koyro Poomsae |
| 4. Bo Jumeok Junbi | Covered fist (Poomsae 7 Jang/ Ilyeo Poomsae) |
| 5. Kyorugi Junbi | Sparring stance ready |

POOMSAE

8	TaeGuk Pal Jang	27	Earth	Gon	
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Meaning of Belt

	2nd Kup	Red Belt Signifies danger cautioning the student to exercise control and warning opponents to stay away
	1st Kup	

What is poomse:

Poomse (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress. A barometer in evaluating an individual's techniques.

5 Kwan's

- Chung Do Kwan.
- The Moo Duk Kwan
- Yun Moo Kwan
- Chang Moo Kwan
- Chi Do Kwan

The IOC Recognised Taekwondo as an Olympic in: 1980, Paris

Taekwondo was introduced to the Olympic program as a Demonstration sport in 1988, Soul Korea. In 2000 it became a full Olympic Sport at the Greece Games

United Taekwondo Association OATH

As a member of Taekwondo, 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.

1ST Kup Knowledge Test

Testing from 1st Kup to 1st Dan/Poom

5 Kwan's

- Chung Do Kwan.
- The Moo Duk Kwan
- Yun Moo Kwan
- Chang Moo Kwan
- Chi Do Kwan

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Olympic weight divisions

Male Weight category

- Not exceeding 58kg
- Over 58kg & not exceeding 68kg
- Over 68kg & not exceeding 80kg
- Over 80kg

Female Weight category

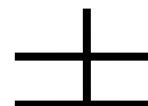
- Not exceeding 49kg
- Over 49kg & not exceeding 57kg
- Over 57kg & not exceeding 67kg
- Over 67kg

	Poom 1 st - 3 rd	Poom Belt <i>Poom Belt worn by Junior black belts (Under 15yrs)</i>
Belt	Dan Grade	Belt & Meaning
	1st Dan - 9th Dan	Black Belt Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkness and fear

Koryo (30 movements)

Koryo poomsae symbolises "Seonbae" which means "Learned man" characterised by a strong martial spirit. Koryo is the name of an ancient Korean Dynasty (AD 918to 1392). The English word Korea is derived from Koryo. Koryos legacy to the Korean people is very signifying as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Korea people in their struggle with the Mongolians

Learned man.



Etiquette 5%

1. Clothing/Appearance
2. The belt tied correctly
3. Courtesy behaviour throughout the examination (Bowing correctly to fellow students & examiners/ Instructors)
4. Correct attitude showing the tents of Taekwondo
5. Destruction etiquette

Grading Etiquette

During the grading the examiner will observe and mark the etiquette of the students. The points that the examiner will be looking at are listed through the next section.

Clothing/Appearance

White belts (10th kups) may be excused from wearing a Taekwondo suit. They should however endeavour to wear a plain, preferably white, tee shirt and jog bottoms. All other grades shall wear a suit.

Taekwondo suits must be washed and ironed with only UTA/WTF approved badges. The belt must be properly tied.

Only ladies may wear a T-shirt under their uniform that must be white in colour.

All removable jewellery must be removed and nails cut to prevent injury.

Dojang Etiquette during Grading

Persons waiting to be called up must sit or stretch quietly.

When called by name the person should respond with a loud "Sir" to the examiner and run to a designated spot and stand in attention stance.

When the person's name is asked for he/she should respond with his/her name and grade and finish with "Sir".

The person should only change stance when told to do so.

When asked to approach the table the person should stand in attention stance and finish any answer to the examiner with "Sir".

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 examiner should be bowed to.

Marking System

Over all Marks	Result
59% or Below	Fail
60% to 64%	Low/ Weak Level Pass
65% to 75%	Ordinary/Satisfactory Level Pass
76% to 100%	Advanced Level Pass

Section Not Preformed	Section not fully performed but can score individual techniques from it			Extremely Poor	Very Poor
0	01	02	03	04	05

Poor	Below Average	Good	Very Good	Excellent	Perfect
06	6.5	07	08	9	10

Kup Grading: Scoring

Grading Topic	Approach	Aspects being scored
<p>Stances 10%</p>	<p>A good solid stance making a hand technique more powerful. Hand techniques should coincide with the stances.</p>	<p>Correct foot angles Correct knee angles Sliding across floor not slapping feet on the ground. Eye alignment correct Balance</p>
<p>Hand Techniques 10%</p>	<p>Techniques moving up and down the Dojang.</p> <p>Freestyle blocks/kicks for 6th kup+ should include techniques from their highest poomsae.</p> <p>Do not perform routines.</p> <p>Do not perform techniques beyond your grade.</p> <p>Breathing Do not hold your breath when doing a technique, but do not make sounds on techniques other than Ki-up.</p> <p>Spirit (be “switched” on)</p>	<p>Focus of sight on imaginary opponent (6th kup +). Spirit (switched on) Ki-ap / Breathing Continuous balance during movements High and low speed techniques Exactness of techniques Accuracy of techniques to vital target areas Correct muscle tone for maximum power (7th kup +, 16yrs+) Flexibility of the body Volume of movement of technique. Technique coinciding with stance Eye alignment correct Body angles correct</p>
<p>Kicking Techniques 10%</p> <p>20% Testing to 2nd Kup and above</p>	<p>Techniques moving up and down the Dojang.</p> <p>Freestyle blocks/kicks for 6th kup+ should include traditional techniques: jumping kicks.</p> <p>Fighting an imaginary opponent up the mats.</p> <p>Use of bit chagi’s should be limited.</p> <p>Being able to perform advance techniques and not being able to perform basic kicks correctly will be penalized.</p> <p>Smoothness The kick movements should be smooth and well blended from start to finish. - initiation, extension, retraction and return to original stance</p> <p>Balance Kicks must be balanced. Both sides must be of satisfactory standard.</p> <p>Accuracy Accuracy of techniques to correct vital point level.</p> <p>Correct foot position</p> <p>Relaxed Relaxed movements having power and speed.</p>	<p>Focus of sight on imaginary opponent (6th kup +). Fighting spirit Ki-ap / Breathing Continuous balance during movements Exactness of techniques Correct muscle tone for maximum power (7th kup +, 16yrs+) Flexibility of the body Fluid movement of the body Striking with correct foot position Eye alignment correct.</p>

<p>Poomsae 20%</p>	<p>A good solid stance making a hand technique more powerful. Hand/foot techniques should coincide with the stances.</p> <p>Breathing Do not hold your breath when doing a technique, but do not make sounds on techniques other than Ki-up.</p> <p>Spirit (be "switched" on)</p> <p>Smoothness The kick movements should be smooth and well blended from start to finish. - initiation, extension, retraction and return to stance</p> <p>Balance Continuous balance during movements</p> <p>Accuracy Accuracy of techniques to correct vital target areas.</p> <p>Exactness of techniques</p>	<p>Accuracy of Technique</p> <p>Accuracy of basic movements Details of each Poomsae correct</p> <p>Presentation</p> <p>Skill Accuracy of range of movements Balance Speed and power</p> <p>Expression Strength/speed/rhythm Expression of energy</p>
<p>3 step / 1 step self defence 10%</p>	<p>3 step and 1 step This is Technique nil self Defense, there for all the aspects of hand techniques, stances and kicking techniques are required</p> <p>Good solid stances, good hand techniques and good kicking techniques to the correct targets with focus and power. Poor techniques will lose marks.</p>	<p>Focus on opponent Spirit (switched on) Ki-up / Breathing Continuous balance during movements Exactness of techniques Accuracy of techniques to vital targets Correct muscle tone for maximum power (7th kup +, 16yrs+) Flexibility of the body Volume of movement of technique. Technique coinciding with stance Eye alignment correct Fluid movement of the Body Blocking/ Striking with correct hand/ foot position</p>

<p>Ring Craft</p> <p>Semi-free sparring 10%</p>	<p>Not to be considered as drills but as controlled free-sparring.</p> <p>Good use of stepping techniques to avoid kicks. A lot of marks are lost in the semi-free sparring because students just stand flat footed or just 'plod' backwards.</p> <p>Semi-free sparring is a chance to demonstrate sparring techniques (speed, agility, good combinations, good stepping and movement, quick reaction, etc.) without the opponent counter attacking with contact.</p> <p>Senior Grades and Dan grades may be asked to perform 1 to 1 Jump kicks and double techniques. Stepping, movement, speed, agility and reaction are also needed here.</p> <p>Moving forward and backward against an imaginary opponent in a sparring style manner when moving up and down Dojang.</p> <p>Use of stepping during Sparring and semi free sparring</p> <p>Bursts of steps, as in sparring, and not one long continuous constant speed across mats.</p> <p>Use of feints to be included.</p>	<p>Focus of sight on imaginary opponent (6th kup +). Fighting spirit Ki-ap / Breathing Continuous balance during movements Exactness of techniques Correct muscle tone for maximum power (7th kup +, 16yrs+) Flexibility of the body Fluid movement of the body Striking with correct foot position Eye alignment correct.</p> <p>Focus on imaginary opponent/ opponent Spirit Ki-ap Continuous balance during movements Maintains a correct sparring stance Eye alignment Speed Relaxed Fluid movement of the body</p>
<p>WT free sparring 10%</p>	<p>Show up-to-date tactics and techniques.</p> <p>Sparring must show good control of techniques.</p> <p>Those who show lack of concern for their partner's welfare in sparring or self-defence will fail.</p> <p>Full contact will not be allowed.</p> <p>Inappropriate 'fancy kicks' are not expected. Competition techniques bit chagi; back kick, axe kick, and double kicks from higher grades are to be used, particularly from 6th kup+.</p>	<p>Focus of sight and shows a level of fighting spirit. Correct stance. (foot/ body alignment correct) Moving on toes/shimmies/alert. Applies sensible attack techniques to make a controlled point. Continuous balance during movements Has sufficient leg power/speed/quickness to make a point. Use of Ki-up Has an evasive defense plus applying the closing-in technique to stop. Counters (including moving 45o deg angles, closing down tech). Shows an awareness of tactics (eg. how to cope with and aggressive fighter and could explain them if asked. (Adjustment of techniques)</p>
<p>Destruction / Power test 10%</p>	<p>This is a demonstration of technique and power; however the most important thing is the correctness of technique being displayed. It is not a real concern if the board does not break, as long as the correct technique, approach and a determined spirit has been displayed</p> <p>Someone who uses the correct and well preformed technique, will not be disadvantaged if they do not break the board over a student who breaks the board, but does not do perform correctly with Technique nil Accuracy.</p>	<p>Etiquette (bowing to examiners/board holders) Stance Body distance / position to target Accuracy of Technique Exactness of techniques - Correct leg/hand movement Correct contact of foot/hand part with target Determined spirit / ki-ap Retrieval of leg/arm Fluid movement of the body Return to stance Continuous balance during movements Bowing to examiners</p>

<p>Etiquette 5%</p>	<p>Etiquette</p> <ol style="list-style-type: none"> 1. Clothing/Appearance 2. The belt tied correctly 3. Courtesy behaviour throughout the examination (Bowing correctly to fellow students & examiners/ Instructors) 4. Correct attitude showing the tenets of Taekwondo 5. Destruction etiquette 	<p>Standing properly to attention. Bowing properly at the appropriate places, Having a clean, well presented appearance, properly tied belt. Adhering to the tenets of Taekwondo Spirit Maintaining etiquette throughout Showing respect to fellow students</p> <p>Demonstrating self-control during sparring, Demonstrating perseverance and indomitable spirit</p>
<p>Knowledge 5%</p>	<p>Verbal Test at the end of the Grading Students called up and asked 5 Questions from the Syllabus</p> <p>Testing from 3rd Kup - 2nd Kup and above This will be a Written exam, which will be done Before the Practical exam</p> <p>A verbal test will be made available for those that require it.</p>	<p>10th - 8th Kup Knowledge Test & Taekwondo Etiquette 5% each - Total 10% is included in the overall scoring</p> <p>7th - 3rd Kup Effects Students L, O, or A pass grade</p> <p>3rd - 1st Kup Knowledge test written or verbal test 25 question 100% pass mark 60%</p>

Etiquette & Knowledge

10th - 9th Kup & 9th - 8th Kup test will go towards your overall score in the Grading

8th - 3rd Kup it will an additional Consideration that will affect your L, O, or A pass level

3rd - 1st Kup Grading the Knowledge test will be a pass or fail. 60% Level pass mark