



United Taekwondo Association  
Northern Ireland

# Kup Grading Syllabus 2017





<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>10<sup>th</sup> Kup Knowledge Test</u>
1. Attention stance 2. Ready Stance 3. Horse riding stance 4. Long stance 5. Sparring stance Moving forwards & Backwards in Long stance	1. Single/double punch 2. Palm heel strike 3. High section Block 4. Thumb side block 5. Low section block 6. Finger side block 7. Thumb side block 8. Knife hand block All of the above blocks with middle target punch from Long stance or/and Horse stance	From Sparring stance: Back leg kicks: 1. ½ turning kick 2. Crescent kick -inwards -outwards 3. Front rising kick 4. Front kick (mid-section) 5. Side kick (mid-section) 6. Turning kick (mid-section) <b>Kicking Combinations</b> 1. Front kick, side kick 2. Front kick, turning kick 3. Turning kick side kick 4. ½ turning kick, front rising kick	.Gibonil .Sajugiligi (4 directional punch)	1 for 1 Kicking 2 for 1 Kicking 3 for 1 Kicking . Stepping . Movement . Reaction . Avoidance . Distancing 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.	Technical free sparring Using basic kicks + stepping. <u>No Contact</u> <i>Not all students wish to compete, however all Taekwondo students should have a basic understanding of the skills required for and the rules of competition Taekwondo.</i> <i>This will enable them to pass on all aspects of WTF Taekwondo should they become instructors in the future.</i>	Basic strikes and kicks against focus mitt. 1. Front Kick 2. Side Kick 3. Turning Kick <b>Destruction etiquette</b> 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.	<b>Grading Etiquette</b> During the grading the examiner will observe and mark the etiquette of the students. <b>Clothing/Appearance</b> 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. <b>Dojang Etiquette during Grading</b> 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".	Testing from 10 <sup>th</sup> Kup to 9 <sup>th</sup> Kup <b>Taekwondo means</b> The way (do) of foot (tae) and fist (kwon). <b>Origin</b> Taekwondo origins from Korea <b>Meaning of</b> WT: World Taekwondo UTA: Untied Taekwondo Association BT: British Taekwondo <b>Tenets of Taekwondo</b> Etiquette Modesty Perseverance Self-control Indomitable Spirit <b>Count 1 - 10 in Korean:</b> (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: Fist Knife hand

GRADING SYLLABUS FOR 9<sup>th</sup> Kup (Yellow Tag) – 8<sup>th</sup> Kup (Yellow Belt) - issue 1, October 2017

<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>9<sup>th</sup> Kup Knowledge Test</u>
1. Attention stance 2. Ready Stance 3. Horse riding Stance 4. Long stance 5. Sparring stance 6. Back stance 7. Walking stance Moving forwards & Backwards in Long stance Moving forwards & Backwards in Back stance	. <u>Long stance techniques</u> 1. Single/double punch 2. Palm heel strike 3. High section Block 4. Thumb side block 5. Low section block 6. Finger side block 7. Thumb side block 8. Knife hand block 9. Knife hand strike 10. Inward block All of the above with single punch or palm strike <u>Back stance techniques</u> 1. Inward block 2. Knife hand block 3. Knife hand strike	Moving forwards in sparring stance: <u>Back leg kicks:</u> 1. Side kick (mid-section) 2. Turning kick (high- section) 3. Front kick (high-section) 4. ½ tuning (high-section) 5. Push kick 6. Axe kick 7. Crescent kick - inside + outside (using same leg) 8. Back kick All the above as combinations <u>Stepping kicks:</u> 1. Back steps ½-turning kick. 2. Step ½ turning kick . Step ½ turning, + ½ turning combination (mid/high) <u>COUNTER KICKS</u> 1. Slide backwards then counter ½ turning kick	.Gibonil .Sajugiligi .Taeguk 1 (IL Jang)	1 for 1 Kicking 2 for 1 Kicking 3 for 1 Kicking . Stepping . Movement . Reaction . Avoidance . Distancing 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.	Technical free sparring with basic combination of kicks + stepping  <u>Non-Contact</u>	Basic strikes and kicks against focus mitt. 1. Front kick 2. Side kick 3. Turning Kick 4. Back kick  <u>Destruction etiquette</u> 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.	Never Misuse the Art No student can change schools without the prior permission from both instructors concerned Be loyal to your instructor. Loyalty is an important part of Taekwondo philosophy Remain courteous and modest at all times, including behaviour outside the Dojang Always be helpful to students of more junior Grade and be prepared to pass on knowledge you have attained Observe the Tenets of Taekwondo, Etiquette, Modesty, Perseverance, Self Control, Indomitable Sprit	Testing from 9 <sup>th</sup> Kup to 8 <sup>th</sup> Kup <u>Korean Terminology</u> 1. Punch Jireugi 2. Kick Chagi 3. Strike Chigi 4. Thrust Tzireugi 5. Block Makki 6. Stance Seogi 7. Ready Junbi  <u>PARTS OF THE HAND</u> 1. Son Hand 2. Jeomok Fist 3. Sonnal Knife hand 4. Sonnal Deung Reverse Knife  <u>PARTS OF THE FOOT</u> 1. Bai Foot 2. Apchook Ball of the foot 3. Dwichook Bottom of the heel 4. Baldeung Top of the foot  <u>GENERAL TERMS</u> 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  <u>White Belt Signifies:</u> Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo  <u>Poomsae</u> TaeGuk Il Jang 18 movements Heaven & Light Keon



GRADING SYLLABUS FOR 8<sup>th</sup> Kup (Yellow Belt) – 7<sup>th</sup> Kup (Green Tag) - issue 1, October 2017

STANCES	BLOCKS, STRIKES	KICKING TECHNIQUES	PATTERNS	SET SPARRING 3 STEP	RING CRAFT	WTF OLYMPIC SPARRING	DESTRUCTION TECHNIQUES	8 <sup>th</sup> Kup Knowledge Test
<p>1. Attention stance</p> <p>2. Ready Stance</p> <p>3. Horse riding Stance</p> <p>4. Long stance</p> <p>5. Sparring stance</p> <p>6. Back stance</p> <p>7. Walking stance</p> <p>Moving forwards &amp; Backwards in Long stance</p> <p>Moving forwards &amp; Backwards in Back stance</p>	<p><b>Long stance techniques</b></p> <p>1. Single/double punch</p> <p>2. Palm heel strike</p> <p>3. High section Block</p> <p>4. Thumb side block</p> <p>5. Low section block</p> <p>6. Finger side block</p> <p>7. Thumb side block</p> <p>8. Knife hand block</p> <p>9. Knife hand strike</p> <p>10. Inward block</p> <p>All of the above with double punch.</p> <p>Moving forwards &amp; backwards in</p> <p><b>Back stance:</b></p> <p>1. Double Guarding block</p> <p>2. Knife hand block + knife hand strike (same arm)</p> <p>3. Back fist strike</p> <p><b>Back stance into long stance:</b></p> <p>1. Finger side block + mid punch</p> <p>2. Knife hand block + mid punch</p> <p>3. Inward block + mid punch</p> <p>4. Inward block + back fist strike</p> <p>Above blocks with double punch</p>	<p>Moving forwards in <b>Sparring stance:</b></p> <p><b>Basic kicks &amp; combinations</b></p> <p>Check side kick (front leg middle section)</p> <p><b>Stepping kicks:</b></p> <p>1. ½ turning</p> <p>2. Double ½ turning</p> <p>3. Mid sect front</p> <p>4. Mid sect side</p> <p>5. Mid sect turning</p> <p>6. Axe</p> <p>7. Push</p> <p>8. Crescent</p> <p><b>Spinning kicks:</b></p> <p>1. 360 deg. ½ turning kick,</p> <p>2. 360 ½ turning + back kick</p> <p>3. Reverse crescent kick</p> <p>4. Back side-kick</p> <p><b>COUNTER KICKING TECHNIQUES</b></p> <p>Slide/shift counter Techniques</p> <p>1. Slide back, turning kick</p> <p>2. Slide back, axe kick (front &amp; back leg)</p> <p>Counter techniques</p> <p>1. Counter Front kick</p> <p>2. Counter Axe Kick</p> <p>3. Counter Crescent Kick</p> <p>4. Counter ½ Turning Kick</p>	<p>Gibonil</p> <p>Sajugiligi</p> <p>Taeguk 1 (IL Jang)</p> <p>Taeguk 2 (Ee Jang)</p> <p>ANY POOMSE SELECTED BY THE EXAMINER</p>	<p>3 Step set sparring teaches the student proper distance, control, correct facing, forearm conditioning, correct blocking, control of stance, counter attacks and timing.</p> <p>Attack: 3 punches starting with right fist to solar plexus.</p> <p><b>3 step Nos. 1-4</b></p> <p>1. Defence: Thumb side block to inside of forearm in long stance.</p> <p>Counter: Reverse punch in long stance to solar plexus.</p> <p>2. Defence: Stabbing block to inside of forearm in back stance.</p> <p>Counter: Back fist in long stance to face</p> <p>3. Defence: Finger side block to outside of forearm in back stance.</p> <p>Counter: Step out into horse stance, with double punch to lower ribs.</p> <p>4. Defence: Knife hand block to outside of forearm in back stance.</p> <p>Counter: Knife hand strike to lower ribs, leaping in with back stance.</p>	<p>1 for 1 Kicking 2 for 1 Kicking 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> <i>Under Competition Rules</i></p> <p><b>Controlled 'Medium contact sparring to body, 'Light contact to head.</b></p>	<p><b>Slow motion kicks</b> against focus mitt, Middle section</p> <p>.Side kick .Turning kick (holding for 3 secs)</p> <p><b>Full contact kicks</b> against kick bag:</p> <p>1. Front kick 2. Side kick 3. Turning kick 4. Back kick</p> <p><b>Destruction etiquette</b></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 Board holder and examiner should be bowed to</p>	<p>Testing from 8<sup>th</sup> Kup to 7<sup>th</sup> Kup</p> <p><b>SEOGI (STANCE)</b></p> <p>1. Moa seogi            Closed stance</p> <p>2. Naranhi seogi       Parallel stance</p> <p>3. Ap seogi             Walking stance</p> <p>4. Ap kubi              Forward/long stance</p> <p><b>MAKKI (BLOCK)</b></p> <p>1. Arae makki           Low block</p> <p>2. Momtong makki     Middle block</p> <p>3. Momtong anmakki   Middle inner block</p> <p>4. Olgul makki         High block</p> <p><b>CHAGI (KICKING)</b></p> <p>1. Ap chagi             Front kick</p> <p>2. Dollyo chagi         Turning kick</p> <p>3. Yop chagi            Side Kick</p> <p>4. Bit chagi             Half turning kick</p> <p><b>JIREUGI (PUNCHING)</b></p> <p>1. Baro jireugi         Reverse Punch</p> <p>2. Bandae Jireugi      Punch</p> <p>3. Olgul jireugi        High</p> <p>4. Momtong dubeon jireugi Double middle punch</p> <p><b>GENERAL TERMS</b></p> <p>1. Dobok                Uniform</p> <p>2. Dojang              Training hall</p> <p>3. Tee                    Belt</p> <p>4. Poomse              Pattern</p> <p>5. Kyorugi              Sparring</p> <p><b>Yellow Belt Signifies</b></p> <p>Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid</p> <p><b>Poomsae</b></p> <p>TaeGuk Ee Jang 18 movements Joyfulness Tae</p>

# UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)



## GRADING SYLLABUS FOR 7th Kup (Green Tag) – 6<sup>th</sup> Kup (Green Belt) issue 1, October 2017

<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>7th Kup Knowledge Test</u>
1. Attention stance 2. Ready Stance 3. Horse riding Stance 4. Long stance 5. Sparring stance 6. Back stance 7. Walking stance Moving forwards & Backwards in Long stance Moving forwards & Backwards in Back stance Moving forwards & Backwards in Horse stance	<p><b>Basic hand techniques forward backwards in long stance</b></p> <p><u>Horse stance:</u> 1.Elbow strike</p> <p>2. knife hand block + elbow strike</p> <p><u>Back stance</u> 1. Double knife hand guarding block</p> <p>2. Inward knife hand block</p> <p><u>Back stance – long stance</u></p> <p>1. Inward block change long stance, inward knife hand strike</p> <p>2. Knife hand block, change long stance knife hand strike</p> <p>3. Double knife hand block change long stance, punch</p> <p>4. Back stance , palm heel block + long stance back fist strike</p> <p>5. 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>1.Step turning kick high section + back kick</p> <p>2. Step side kick + back kick</p> <p>3. Step push kick + axe kick</p> <p>4. Step double ½ turning Kick + back kick.</p> <p>5. 360 deg. ½ turning + back kick</p> <p>6. Check side kick (front leg middle section) + back kick</p> <p><u>Scissor jumping kicks:</u></p> <p>1.Front kick</p> <p><u>Spinning Kicks:</u></p> <p>1.Reverse Crescent kick</p> <p><b><u>COUNTER KICKING TECHNIQUES</u></b></p> <p>Basic slide + single counter techniques</p> <p><b>Slide/Shift techniques</b></p> <p>1.Turning kick high section front foot</p> <p>2. Double ½ turning kick front foot/ back foot</p> <p>3. Back kick</p>	Gibonil Sajugiligi Taeguk 1 (IL Jang) Taeguk 2 (Ee Jang) Taeguk 3 (Sam Jang) ANY POOMSE SELECTED BY THE EXAMINER	<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>	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. Under Competition Rules</i> <b><u>Controlled 'Medium contact sparring to body, 'Light contact to head.</u></b>	<p><u>Slow motion kicks</u> against focus mitt, middle section.</p> <p>1.Side kick 2.Turning kick (holding for 3 secs)</p> <p><u>Kick techniques:</u></p> <p>1. Side kick 2. Front kick 3. Turning kick 4. Back kick</p> <p><u>Hand techniques:</u></p> <p>1. Out ward knife hand strike</p>	<p>Testing from 7th Kup to 6th Kup</p> <p>Korean Terminology</p> <p><b>SEOGI (STANCE)</b></p> <p>1. Dwitkubi                      Back stance 2. Oreun / Wen seogi        Right / left stance 3. Juchum seogi                Horse Riding stance</p> <p><b>MAKKI (BLOCK)</b></p> <p>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</p> <p><b>CHAGI (KICKING)</b></p> <p>1. Chigo Chagi                Axe kick 2. Dwi Yop Chagi              Back side kick 3. An Bandal Chagi            Inward Crescent kick</p> <p><b>CHIGI (STRIKE)</b></p> <p>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</p> <p><b>GENERAL TERMS</b></p> <p>1. Oreun                         Right 2. Wen                            Left 3. Shijak                        Start 4. Geuman                      Stop</p> <p><b>Poomsae</b> TaeGuk Sam Jang 20 movements Fire &amp; Sun Ri</p>



# UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)



## GRADING SYLLABUS FOR 6th Kup (Green Belt) – 5<sup>th</sup> Kup (Blue Tag) issue 1, October 2017

<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>	<b>6th Kup Knowledge Test</b>
1. Attention stance 2. Ready Stance 3. Horse riding Stance 4. Long stance 5. Sparring stance 6. Back stance 7. Walking stance Moving forwards & Backwards in Long stance Moving forwards & Backwards in Back stance Moving forwards & Backwards in Horse stance	<b>Basic hand techniques forward backwards in long stance/ back stance</b> 1. Ridge hand strike 2. Upward elbow strike 3. Fingertip strike 4. Axe block closed fist <u>Horse stance:</u> 1. Back step elbow strike 2. Knife hand block + back step elbow strike <u>Back stance – long stance</u> 1. Double knife hand guarding block, change long stance upward elbow strike 2. Knife hand block, change long stance ridge hand strike 3. Knife block change long stance, Fingertip strike 4. Back stance , palm heel block + long stance back ridge hand strike 5. Back stance inward knife block change long stance back fist (same arm)	Moving forwards in <u>Sparring stance:</u> <u>Basic kicks &amp; combinations</u> 1. Hook kick - Rear leg <u>Kicking combinations:</u> 1. Side kick to knee + side kick middle section. 2. Step axe kick + back kick 3. Step push kick + axe Kick 4. ½ turning Kick + reverse turning kick. 5. 360 deg. ½ turning + back kick 6. Check side kick (front leg high section) + back kick <u>Scissor jumping kicks:</u> 1. Front kick 2. Axe kick . <u>Jump Kicks (back leg):</u> 1. Jump back kick <u>Spinning Kicks:</u> 1. Reverse turning kick <b>COUNTER KICKING TECHNIQUES</b> Basic counter kicks with side stepping 1. Double ½ turning kick front foot/ back foot (middle – high) 2. Counter side kick + back Kick combination 3. Counter Back Kick (no shift/ slide)	Gibonil Sajugiligi Taeguk 1 (IL Jang) Taeguk 2 (Ee Jang) Taeguk 3 (Sam Jang) Taeguk 4 (Sa Jang) ANY POOMSE SELECTED BY THE EXAMINER	<u>3 step Nos. 9-12</u> 9. Defence: palm block to inside of forearm in back stance Counter: step back into horse stance elbow strike, step round into long stance high section rev. punch. 10. Defence: palm block to outside of forearm in back stance Counter: mid-section turning kick, drop into horse stance then pull up into walking stance with hammer strike. 11. Defence: knife hand block to outside of forearm in back stance. Counter: Pull/twist arm to straighten for stabbing block to back of elbow + front kick to face. 12. Defence: Knife hand block to inside of forearm in back stance. 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	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. Under Competition Rules</i> <b>Controlled 'Medium contact sparring to body, 'Light contact to head.</b>	<u>Slow motion kicks</u> against focus mitt, middle section. 1. Side kick 2. Turning kick (holding for 3 secs) <u>Kick techniques:</u> 1. Side kick 2. Front kick 3. Turning kick <u>Hand techniques:</u> 1. Out ward knife hand Strike 2. Punch	Testing from 6th Kup to 5th Kup <b>Korean Terminology</b> <b>SEOGI (STANCE)</b> 1. Kkoa seogi      Crossed stance 2. Dwikkoa seog    Back crossed stance 3. Apkkoa seogi    Forward crossed stance <b>MAKKI (BLOCK)</b> 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 <b>CHAGI (KICKING)</b> 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 <b>CHIGI (STRIKE)</b> 1. Palkop chigi            Elbow strike 2. Hansonnal mok chigi    Knife hand neck strike 3. Mejumeok naeryo chig    Hammer strike 4. Mureup chigi            Knee strike <b>GENERAL TERMS</b> 1. Dwiro Dorra            Turn around 2. Shi Yo                    Relax 3. Haessan                Dismiss 4. Kyukpa                 Destruction <b>Green Belt Signifies</b> Signifies the plants growth as Taekwondo skills begin to develop <b>Poomsae</b> TaeGuk Sah Jang 20 movements Thunder Jin <b>General Information</b> Meaning of IOC –International Olympic Committee



**GRADING SYLLABUS FOR 5th Kup (Blue Tag) – 4<sup>th</sup> Kup (Blue Belt) issue 1, October 2017**

<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>SET SPARRING 1 Step</u>	<u>RING CRAFT</u>	<u>WTF OLYMPIC SPARRING</u>	<u>DESTRUCTION TECHNIQUES</u>	<b>5th Kup Knowledge Test</b>	
1. Attention stance 2. Ready Stance 3. Horse riding Stance 4. Right stance 5. Left stance 6. Long stance 7. Sparring stance 8. Back stance 9. Walking stance 10. Axe stance Moving forwards & Backwards in Long stance Moving forwards & Backwards in Back stance Moving forwards & Backwards in Horse stance	<b>Basic hand techniques forward backwards in long stance + Back stance</b> 1. Ridge hand block 2. Side hammer strike <u>Horse stance:</u> 1. Knife hand block + back step knife hand strike <u>Back stance – long stance</u> 1. Knife hand block, change long stance knife hand strike (same hand) followed by ridge hand strike 2. Double knife hand block step forward long stance, Fingertip strike 3. Knife hand block (back stance) + back fist strike middle punch (long stance) 4. Back stance , inward block, knife hand strike + long stance middle punch 5. Back stance inward knife block change long stance back fist, (same arm), fingertip strike 6. Mid closed fist axe block (back stance) + double punch (long stance)	Moving forwards in <u>Sparring stance:</u> <u>Basic kicks &amp; combinations</u> 1. Hook kick - Front leg <u>Kicking combinations:</u> 1. Side kick to knee + side kick mid -section. 2. Step axe kick + back kick 3. Step push kick + axe Kick 4. ½ turning Kick + reverse turning kick. 5. 360 deg. ½ turning kick midsection + 360 deg. ½ turning kick high section 6. Double Check side kick (front leg middle/ high section) <u>Scissor jumping kicks:</u> 1. Side kick 2. Front kick 3. Axe kick <u>Jump Kicks (back leg):</u> 1. Back Kick 2. Front kick <u>Spinning Kicks:</u> 1.Reverse turning kick <b><u>COUNTER KICKING TECHNIQUES</u></b> Basic counter kicks with side stepping 1. Axe kick front foot + back kick 2. Counter check side kick + reverse turning Kick combination	Gibonil Sajugiligi Taeguk 1 (IL Jang) Taeguk 2 (Ee Jang) Taeguk 3 (Sam Jang) Taeguk 4 (Sa Jang) Taeguk 5 (Oh Jang) ANY POOMSE SELECTED BY THE EXAMINER	<u>3 step Nos. 1-12</u> 1 Step set sparring Using strikes to specific points on the body. 1. Hand combinations 2. Foot combinations 3. Hand + foot combination	. 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.	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. Under Competition Rules</i> <b><u>Controlled 'Medium contact sparring to body, 'Light contact to head.</u></b>	<u>Slow motion kicks</u> against focus mitt, middle/high section. 1. Side kick middle section 2. Turning kick high section (holding for 3 secs) <u>Kick techniques:</u> 1. Axe kick 2. Back kick <u>Hand techniques:</u> 1. Ridge hand strike	Testing from 5 <sup>th</sup> Kup to 4 <sup>th</sup> Kup <b>Korean Terminology</b> <b>MAKKI (BLOCK)</b> 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 <b>JIREUGI (PUNCHING)</b> 1. Olgul jireugi High punch 2. Yop jireugi Side punch <b>CHAGI (KICKING)</b> 1. Twieo chagi Jump kick 2. Bandal bandal chagi Reverse crescent kick 3. Bandal Dolyo Chagi Reverse turning kick 4. Gawi chagi Scissor kick <b>CHIGI (STRIKE)</b> 1. Mejumeok naeryo chigi Hammer strike 2. Mureup chigi Knee strike 3. Palkup pyojeok chigi Target elbow strike <b>COMPETITION TERMS</b> 1. Ho Goo Body Protector 2. Ja Wang Woo Face about 3. Deuk Jum Point 4. Kyong Go Warning <b>GENERAL TERMS</b> 1. Kook gie National Flag 2. Injun High Target 3. Myongchi Middle target <b>Poomsae</b> TaeGuk Oh Jang 20 movements Wind Seon



GRADING SYLLABUS FOR 4th Kup (Blue Belt) – 3<sup>rd</sup> Kup (Red Tag) issue 1, October 2017

STANCES	BLOCKS, STRIKES	KICKING TECHNIQUES	PATTERNS	SET SPARRING 1 Step	RING CRAFT	WTF OLYMPIC SPARRING	DESTRUCTION TECHNIQUES	4th Kup Knowledge Test
<p>1. Attention stance</p> <p>2. Ready Stance</p> <p>3. Horse riding Stance</p> <p>4. Right stance</p> <p>5. Left stance</p> <p>6. Long stance</p> <p>7. Sparring stance</p> <p>8. Back stance</p> <p>9. Walking stance</p> <p>10. Axe stance</p> <p>Moving forwards &amp; Backwards in Long stance</p> <p>Moving forwards &amp; Backwards in Back stance</p> <p>Moving forwards &amp; Backwards in Horse stance</p>	<p><b>Basic hand techniques forward backwards in long stance + Back stance</b></p> <p>1. Double knife block low section</p> <p>2. Double block closed fist</p> <p>3. Thumb side wedging block</p> <p>4. Reverse Knife hand block</p> <p><u>Horse stance:</u></p> <p>1. Knife hand block, grab step through punch</p> <p>2. Knife hand block + downward hammer strike</p> <p><u>Back stance – long stance</u></p> <p>1. Double knife guarding block, step forward long stance palm down block (same hand) followed by ridge hand strike (sha jang)</p> <p>2. Double knife hand block change forward long stance, palm heal strike</p> <p>3. Knife hand block (back stance) + back fist strike middle double punch (long stance)</p> <p>4. Back stance , inward block, knife hand strike + long stance back middle double punch</p> <p>5. Back stance inward knife block change long stance back fist, punch (same arm), fingertip strike</p>	<p>Moving forwards in <u>Sparring stance:</u></p> <p><u>Basic kicks &amp; combinations</u></p> <p>1. Step hook kick</p> <p><u>Kicking combinations:</u></p> <p>1. Side kick to knee + side kick high section.</p> <p>2. Step double ½ turn kick + back kick</p> <p>3. Step push kick + axe kick</p> <p>4. ½ turning Kick + reverse turning kick.</p> <p>5. 360 deg. ½ turning + back kick</p> <p>6. Double Check side kick (front leg middle/ high section) + back kick</p> <p>7. Double Check side kick (front leg middle section) + turning kick head</p> <p><u>Scissor jumping kicks:</u></p> <p><u>Jump Kicks (back leg):</u></p> <p>1. Jump turning kick</p> <p>2. Jump Back kick</p> <p><u>Spinning Kicks:</u></p> <p>1. Reverse turning kick</p> <p><b>COUNTER KICKING TECHNIQUES</b></p> <p>Basic counter kicks with side stepping</p> <p>1. Counter check side kick + turning Kick combination</p> <p>2. Counter check hock kick + turning Kick combination</p>	<p>Gibonil</p> <p>Sajuiligi</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>Taeguk 5 (Oh Jang)</p> <p>Taeguk 6 (Yuk Jang)</p> <p>ANY POOMSE SELECTED BY THE EXAMINER</p>	<p><u>3 step Nos. 1-12</u></p> <p>1 step set sparring</p> <p>Using strikes to specific points on the body.</p> <p>1. Hand combinations</p> <p>2. Foot combinations</p> <p>3. Hand + foot combination</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. Under Competition Rules</i></p> <p><b>Controlled 'Medium contact sparring to body, 'Light contact to head.</b></p>	<p><u>Slow motion kicks</u> against focus mitt, middle/high section.</p> <p>1. Side kick middle section</p> <p>2. Turning kick high section (holding for 3 secs)</p> <p><u>Kick techniques:</u></p> <p>1. Axe kick</p> <p>2. Jump back kick</p> <p>3. Step side kick</p> <p><u>Hand techniques:</u></p> <p>Ridge hand strike</p> <p>Inward knife hand strike</p>	<p>Testing from 4<sup>th</sup> Kup to 3<sup>rd</sup> Kup</p> <p><b>CHAGI (KICKING)</b></p> <p>1. Yopchago palkup pyojeokchigi Side kick and elbow target strike</p> <p>2. Pyojeok chagi Target kick</p> <p>3. Hooryo chagi Hook kick</p> <p><b>CHIGI (STRIKE)</b></p> <p>1. Palkup pyojeok chigi Target elbow strike</p> <p>2. Deungjumeok bakkat chigi Back fist outer strike</p> <p>3. Deungjumeok ap chigi Back fist front strike</p> <p><b>PARTS OF THE HAND</b></p> <p>1. Pyeonsonkeut Finger tip</p> <p>2. Agwison Arc hand</p> <p>3. Ap Jeomok Fore fist</p> <p>4. Deung Jeomok Back fist</p> <p>5. Mei Jeomok Hammer fist</p> <p><b>PARTS OF THE FOOT</b></p> <p>1. Dwicumchi Back of the heel</p> <p>2. Baldeung Top of the foot</p> <p>3. Balnaldeung Inside edge of the foot</p> <p>4. Balbadak Bottom of the foot</p> <p><b>COMPETITION TERMS</b></p> <p>1. GamJum Deduction point</p> <p>2. Kalyo Break</p> <p>3. Key Sork Continue</p> <p>4. Shigan Time</p> <p><b>Blue Belt Signifies</b></p> <p>Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses</p> <p><b>Poomsae</b></p> <p>TaeGuk Yuk Jang 19 movements</p> <p>Water</p> <p>Gam</p> <p>Meaning of Taeguk: Taeguk is the origin of all things in the universe.</p> <p>Tae – means Enormity or Vastness Guk means Eternity</p>





**GRADING SYLLABUS FOR 3<sup>rd</sup> Kup (Red Tag) – 2<sup>nd</sup> Kup (Red Belt) issue 1, October 2017**

<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>SET SPARRING 1 Step</u>	<u>RING CRAFT</u>	<u>WTF OLYMPIC SPARRING</u>	<u>DESTRUCTION TECHNIQUES</u>	<b>3<sup>rd</sup> Kup Knowledge Test</b>	
1. Attention stance 2. Ready Stance 3. Horse riding Stance 4. Right stance 5. Left stance 6. Long stance 7. Sparring stance 8. Back stance 9. Walking stance 10. Axe stance 11. Tiger Stance Moving forwards & Backwards in Long stance Moving forwards & Backwards in Back stance Moving forwards & Backwards in Horse stance Moving forwards & Backwards in Tiger stance	<p><b>Basic hand techniques forward backwards in long stance/ back stance</b></p> <p><u>Horse stance:</u>            1. knife hand block, elbow strike, middle punch            2. knife hand block knife hand strike + side hammer strike</p> <p><u>Combinations strike, block stance</u>            1. Wedging block+ double upset punch            2. Double middle knife guarding block, double low guarding block            3. Outer forearm wedging block, step axe stance double upset punch, set back long stance low axe block            4. Back stance, forearm block, change long stance upper elbow strike, middle punch            5. back stance , double closed hand guarding block, double low knife hand guarding block change long stance punch            6. Horse stance, knife hand block, change long stance assisted elbow strike, middle punch            7. Tiger stance, supported Palm block mid, Back fist High section</p>	<p>Basic kicks, step &amp; jump kicking techniques to a high standard with good focus, power, speed, and balance</p> <p><b>Kicking techniques of own choice.</b></p> <p>To include:            Any combination of basic kicks, stepping kicks or 360 deg. Kicks</p> <p><u>Double kicks:</u>            1. Double ½ turning to body then head            2. Double front kick body – head</p> <p><u>2 Kicks with same leg:</u>            1. Side kick to knee + side kick high section            2. Side kick body + hock kick high section</p> <p><u>Scissor jumping kicks</u></p> <p><u>Jump Kicks (back leg):</u>            1. Jump back kick            2. Jump side kick            3. Jump turning kick            4. Jump front kick</p> <p><u>Spinning Kicks:</u>            1. Reverse turning kick            2. Reverse crescent kick            3. 360 deg. Axe kick</p> <p><b><u>COUNTER KICKING TECHNIQUES</u></b></p> <p>Techniques to a high standard with good focus, power, speed, and balance</p> <p><b>Techniques of own choice</b></p> <p>Basic counter kicks with side stepping, checking kicks &amp; double kicks</p>	Gibonil Sajugiligi Taeguk 1 (IL Jang) Taeguk 2 (Ee Jang) Taeguk 3 (Sam Jang) Taeguk 4 (Sa Jang) Taeguk 5 (Oh Jang) Taeguk 6 (Yuk Jang) Taeguk 7 (Chil Jang ) ANY POOMSE SELECTED BY THE EXAMINER	<p><u>3 step Nos. 1-12</u></p> <p>1 step set sparring</p> <p>Using strikes to specific points on the body.</p> <p>1. Hand combinations            2. Foot combinations            3. Hand + foot combination</p>	. 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.	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.            Under Competition Rules</i> <b><u>Controlled 'Medium contact sparring to body, 'Light contact to head.</u></b>	<p><u>Slow motion kicks</u> against focus mitt, middle/high section.</p> <p>1. Side kick high Section            2. Turning kick high section (holding for 3 secs)</p> <p><u>Kick techniques:</u>            1. 360 turning kick mid            2. Jump back kick            3. Step axe kick</p> <p><u>Hand techniques:</u>            1. Punch 2 boards            2. Ridge hand 2 boards</p>	<p>Testing from 3<sup>rd</sup> Kup to 2<sup>nd</sup> Kup</p> <p><b>SEOGI (STANCE)</b>            1. Hakari seogi <i>Crane stance</i></p> <p><b>TZIREUGI (THRUSTING)</b>            1. Pyonsonkeut sewo tzireugi Erected spear hand            2. Pyonsonkeut upeo tzireug Spear hand            3. Pyonsonkkeut jeocho tzireugi Turned over spear hand</p> <p><b>PARTS OF THE HAND</b>            1. Bam Jeomeo Single knuckle fist            2. Bo Jeomok Covered fist            3. Pyeonsonkeut Finger tip            4. Agwison Arc hand</p> <p><b>PARTS OF THE BODY</b>            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</p> <p><b>GENERAL INFORMATION</b></p> <p>Theory of power:            Force = mass x acceleration</p> <p>Using:            1 Reaction 2 Concentration 3 Balance            4 Breath control 5 Speed 6 Mass</p> <p><b>Poomsae</b>            TaeGuk Chil Jang            25 movements            Mountain            Gan</p>



**GRADING SYLLABUS FOR 2<sup>nd</sup> Kup (Red Belt) – 1<sup>st</sup> Kup (Black Tag) issue 1, October 2017**

<u>STANCES</u>	<u>BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>SET SPARRING 1 Step</u>	<u>RING CRAFT</u>	<u>WTF OLYMPIC SPARRING</u>	<u>DESTRUCTION TECHNIQUES</u>	<b>2<sup>nd</sup> Kup Knowledge Test</b>
1. Attention stance 2. Ready Stance 3. Horse riding Stance 4. Right stance 5. Left stance 6. Long stance 7. Sparring stance 8. Back stance 9. Walking stance 10. Axe stance 11. Tiger Stance  Moving forwards & Backwards in Long stance  Moving forwards & Backwards in Back stance  Moving forwards & Backwards in Horse stance  Moving forwards & Backwards in Tiger stance	<p><b>Basic hand technique combinations moving forward backwards in long stance/ back stance</b></p> <p>Moving forwards + backwards any hand techniques of own choice.</p> <p>To include :</p> <p>Changing from one stance to another</p> <p>Using all basic stances including tiger stance and axe stance</p> <p>To use blocking, striking + punching. Combinations of 2-3 techniques</p> <p>Blocks and strikes to include :</p> <ol style="list-style-type: none"> <li>1. Wedging blocks</li> <li>2. Double blocks</li> <li>3. Double strikes</li> <li>4. Combinations of block + strike</li> </ol> <p>Using closed hand and knife hand techniques</p> <p>All techniques must be performed with good focus, power speed + balance.</p>	<p>Basic kicks, step &amp; jump kicking techniques to a high standard with good focus, power, speed, and balance</p> <p><b>Kicking techniques of own choice.</b></p> <p>To include.</p> <p>Any combination of basic kicks, stepping kicks or 360 deg. Kicks</p> <p><u>Double kicks:</u></p> <ol style="list-style-type: none"> <li>1. Double ½ turning to body head</li> <li>2. Double front kick body/head</li> <li>3. ½ turning kick + back kick</li> <li>4. ½ turning kick + axe kick</li> <li>5. ½ turning kick + reverse turn kick.</li> </ol> <p><u>Scissor jumping kicks</u></p> <p><u>Jump Kicks (back leg):</u></p> <ol style="list-style-type: none"> <li>1. Jump back kick</li> <li>2. Jump side kick</li> <li>3. Jump turning kick</li> <li>4. Jumping front kick</li> <li>5. Jump Hook kick Front leg</li> <li>6. Jump reverse turn kick</li> </ol> <p><u>Spinning Kicks:</u></p> <ol style="list-style-type: none"> <li>1. 360 Deg. Back kick</li> <li>2. 360 Deg. Reverse turn kick</li> </ol> <p><b>COUNTER KICKING TECHNIQUES</b></p> <p>Techniques to a high standard with good focus, power, speed, and balance</p> <p><b>Techniques of own choice</b></p> <p>Basic counter kicks with side stepping, checking kicks &amp; double kicks</p>	Gibonil  Sajujiligi  Taeguk 1 (IL Jang)  Taeguk 2 (Ee Jang)  Taeguk 3 (Sam Jang)  Taeguk 4 (Sa Jang)  Taeguk 5 (Oh Jang)  Taeguk 6 (Yuk Jang)  Taeguk 7 (Chil Jang )  Taeguk 8 (Pal Jang)  ANY POOMSE SELECTED BY THE EXAMINER	<p><u>3 step Nos. 1-12</u></p> <p>1 step set sparring</p> <p>Using strikes to specific points on the body.</p> <ol style="list-style-type: none"> <li>1. Hand combinations</li> <li>2. Foot combinations</li> <li>3. Hand + foot combination</li> </ol>	. 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. Under Competition Rules</i>  <b>Controlled 'Medium contact sparring to body, 'Light contact to head.</b>	<p><u>Slow motion kicks</u> against focus mitt, middle/high section.</p> <ol style="list-style-type: none"> <li>1. Side kick high section</li> <li>2. Turning kick high section</li> <li>3. Back side mid-section (holding for 3 secs)</li> </ol> <p><u>Kick techniques:</u></p> <ol style="list-style-type: none"> <li>1. Reverse turning kick</li> <li>2. Jump back kick</li> <li>3. 360 deg. jump back kick</li> </ol> <p><u>Hand techniques:</u></p> <ol style="list-style-type: none"> <li>1. Punch 2 boards</li> <li>2. Ridge hand 2 boards</li> <li>3. Inward Knife strike 2 boards</li> </ol>	<p>Testing from 2<sup>nd</sup> Kup to 1<sup>st</sup> Kup</p> <p><b>SEOGI (STANCE)</b></p> <ol style="list-style-type: none"> <li>1. Beom seogi Tiger stance</li> <li>2. Hakdari seogi Crane stance</li> <li>3. Kyotdari seogi Assisting stance</li> <li>4. Ogeum seogi Crossed crane stance</li> </ol> <p><b>MAKKI (BLOCK)</b></p> <ol style="list-style-type: none"> <li>1. Otkoreo arae makki X low block</li> <li>2. Kodureo bakkat makki Supported outer middle block</li> <li>3. Wesanteul makki Single mountain block</li> <li>4. Kodureo arae makki Supported low block</li> <li>5. Batangson nullo makki Palm pressing block</li> <li>6. Keumgang momtong makk Diamond middle block</li> </ol> <p><b>JIREUGI (PUNCHING)</b></p> <ol style="list-style-type: none"> <li>1. Jecho jireugi Uppercut</li> <li>2. Dujumeok jecho jireugi Double middle uppercut</li> <li>3. Dankyo teok jireugi Pulling uppercut</li> </ol> <p><b>READY POSITION (JUNBI)</b></p> <ol style="list-style-type: none"> <li>1. Gibon Junbi Basic Ready Position</li> <li>2. Kyopson Junbi Left hand over right (Pyongwon Poomsae)</li> <li>3. Tongmilgi Junbi Koyro Poomsae</li> <li>4. Bo Jumeok Junbi Covered fist (Poomsae 7 Jang/ Ilyeo Poomsae)</li> <li>5. Kyorugi Junbi Sparring stance ready</li> </ol> <p><b>Red Belt Signifies</b> Signifies danger cautioning the student to exercise control and warning opponents to stay away</p> <p><b>Poomsae</b> TaeGuk Pal Jang 27 movements Earth Gon</p>



**GRADING SYLLABUS FOR 1<sup>st</sup> Kup (Black Tag) – 1<sup>st</sup> Dan/ Poom (Black Belt/ Poom Belt) issue 1, October 2017**

<u>CRITERIA</u>	<u>STANCES/ BLOCKS, STRIKES</u>	<u>KICKING TECHNIQUES</u>	<u>PATTERNS</u>	<u>SET SPARRING</u> <u>1 Step</u>	<u>RING CRAFT</u>	<u>WTF OLYMPIC SPARRING</u>	<u>DESTRUCTION TECHNIQUES</u>	
<p>Holder of current UTA Membership/BT Licence</p> <p>Have had 12 months continuous UTA membership</p> <p>Holder of Red Belt for a minimum of 12 months (6 months 2nd Kup – 6 months 1st Kup)</p> <p>Regular attendance at UTA/National events as a competitor or official</p> <p>Recognised for good Taekwondo spirit, loyalty, respect and support to the association</p>	<p><b>Hand technique combinations moving forward + backwards any hand techniques of own choice.</b></p> <p>To include : Changing from one stance to another</p> <p>Using all basic stances including tiger stance and axe stance</p> <ol style="list-style-type: none"> <li>Attention stance</li> <li>Ready Stance</li> <li>Horse riding Stance</li> <li>Right stance</li> <li>Left stance</li> <li>Long stance</li> <li>Sparring stance</li> <li>Back stance</li> <li>Walking stance</li> <li>Axe stance</li> <li>Tiger Stance</li> </ol> <p>To use blocking, striking + punching. Combinations of 2 –3 techniques</p> <p>Blocks and strikes to include :</p> <ol style="list-style-type: none"> <li>Wedging blocks</li> <li>Double blocks</li> <li>Double strikes</li> <li>Combinations of block + strike</li> </ol> <p>Using closed hand and knife hand techniques</p> <p>All techniques must be performed with good focus, power speed + balance.</p>	<ol style="list-style-type: none"> <li>Basic kicks, step &amp; jump kicking techniques to a high standard with good focus, power, speed, and balance</li> <li>Kyouri Kicking techniques of own choice.  To include. Any combination of basic kicks, stepping kicks, double kicks or 360 deg. Kicks</li> <li>Kyouri Counter Kicking techniques of own choice.  To include. Any combination of basic kicks, shift/ change kicks, double kicks or 360 deg. Kicks</li> </ol>	<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>Taeguk 5 (Oh Jang)</p> <p>Taeguk 6 (Yuk Jang)</p> <p>Taeguk 7 (Chil Jang )</p> <p>Taeguk 8 (Pal Jang)</p> <p>Koryo Poomsae</p> <p>ANY POOMSE SELECTED BY THE EXAMINER</p>	<p><u>3 step Nos. 1-12</u></p> <p>1 step set sparring</p> <p>Using strikes to specific points on the body.</p> <ol style="list-style-type: none"> <li>Hand combinations</li> <li>Foot combinations</li> <li>Hand + foot combination</li> </ol>	<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>With body armour. Under Competition Rules</p>	<p><u>Kick techniques:</u></p> <ol style="list-style-type: none"> <li>Reverse turning kick</li> <li>Jump back kick</li> <li>360 deg. jump back kick</li> </ol> <p><u>Hand techniques:</u></p> <ol style="list-style-type: none"> <li>Punch 2 boards</li> <li>Ridge hand 2 boards</li> <li>Inward Knife strike 2 boards</li> </ol>	<p>Olympic weight divisions</p> <p>Male Weight category</p> <p>Not exceeding 58kg</p> <p>Over 58kg &amp; not exceeding 68kg</p> <p>Over 68kg &amp; not exceeding 80kg</p> <p>Over 80kg</p> <p>Female Weight category</p> <p>Not exceeding 49kg</p> <p>Over 49kg &amp; not exceeding 57kg</p> <p>Over 57kg &amp; not exceeding 67kg</p> <p>Over 67kg</p> <p><b>Black Belt</b></p> <p>Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkness and fear</p> <p><b>Poom Belt Black/Red 1-3 Poom</b></p> <p>Poom Belt worn by Junior black belts (Under 15yrs)</p> <p>Black Belt 1st Dan - 9th Dan</p> <p>Black Belt worn by black belts 15yrs and over</p> <p><b>Poomsae</b></p> <p><b>Koryo (30 movements)</b></p> <p>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</p>
						<p><b>1<sup>st</sup> Dan/Poom Knowledge Test</b></p> <p>Testing from 1st Kup to 1st Dan/Poom .</p> <p><b>5 Kwan's</b></p> <p>Chung Do Kwan. The Moo Duk Kwan Yun Moo Kwan Chang Moo Kwan Chi Do Kwan</p> <p>The IOC Recognised Taekwondo as an Olympic in: 1980, Paris</p> <p>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</p>		

## Grading Scoring

### 10<sup>th</sup> Kup - 9<sup>th</sup> Kup

Subject	Score
Stance	10%
Hand Techniques	10%
Kicking Techniques	20%
Poomsae 1	10%
Poomsae 2	10%
Ring Craft	10%
Kyorugi	10%
Destruction	10%
Taekwondo Etiquette	5%
Knowledge Test	5%

### 8<sup>th</sup> Kup to 3<sup>rd</sup> Kup

Subject	Score
Stance	10%
Hand Techniques	10%
Technical Kicking Techniques	10%
Kyorugi Kicking Techniques	10%
Poomsae 1	10%
Poomsae 2	10%
3 Step – 1 Step	10%
Ring Craft	10%
Kyorugi	10%
Destruction	10%

#### Peewee 11yrs and under

##### 3 step

4<sup>th</sup> Kup - 3<sup>rd</sup> Kup 1-12

##### 1 step

3<sup>rd</sup> Kup – 1<sup>st</sup> Kup

Knowledge Test & Taekwondo Etiquette 8 <sup>th</sup> - 3 <sup>rd</sup> Kup	5% each - Total 10% Effects Students L, O, or A pass grade
Knowledge Test & Taekwondo Etiquette 3 <sup>rd</sup> - 1 <sup>st</sup> Kup	Knowledge test written or verbal test 25 question 100% pass mark 60%

**Marking System**

Over all Marks	Result
59% or Below	Fail
60% to 64%	Low/ Weak Level Pass
65% to 74%	Ordinary/Satisfactory Level Pass
75% to 100%	Advanced Level Pass

Section Not Preformed	Section not fully performed but can score individual techniques from it			Extremely Poor	Very Poor	Poor	Below Average	Good	Very Good	Excellent	Perfect
0	01	02	03	04	05	06	6.5	07	08	09	10

<b>Knowledge</b>	Oral exam, Before or After Practical exam	10 <sup>th</sup> - 8 <sup>th</sup> Kup Knowledge Test & Taekwondo Etiquette 5% each - Total 10% is included in the overall scoring
	12yrs old and over (cadet, junior, senior) 10 <sup>th</sup> + oral knowledge test 5 questions	7 <sup>th</sup> - 3 <sup>rd</sup> Kup Effects Students L, O, or A pass grade
	Knowledge Test & Taekwondo Etiquette 3rd - 1st Kup 100% pass mark 60%	3 <sup>rd</sup> - 1 <sup>st</sup> Kup Knowledge test written or verbal test 25 question 100% pass mark 60%

## **Taekwondo Etiquette**

Never Misuse the Art

No student can change schools without the prior permission from both instructors concerned

Be loyal to your instructor. Loyalty is an important part of Taekwondo philosophy

Remain courteous and modest at all times, including behaviour outside the Dojang

Always be helpful to students of more junior Grade and be prepared to pass on knowledge you have attained

Observe the Tenets of Taekwondo, Etiquette, Modesty, Perseverance, Self Control, and Indomitable Spirit

## **Conduct in the Dojang**

No Smoking, eating, or wearing of jewellery in the Dojang

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

Ensure toe and finger Nails are cut to prevent injury.

Upon entering and leaving the Dojang bow to the flags

At the Beginning and end of training sessions bow to the instructor and most senior Black belt

If you approach the instructor bow before speaking

Address the instructor by Sir or Miss













When a student arrives late they should wait until recognised by the instructor before joining the class

When a student wishes to leave the hall (except in emergency) it is good manners to gain permission first

If a Master instructor enters the hall, the instructor on the floor or highest ranking student should call the class to attention and bow

## Ranking system










There are 10 grades between first starting Taekwondo and achieving black belt (1st Dan). These Levels are known as Kup Grades. You Work from 10th Kup (white belt) to 1st Kup (red belt with black tag), 1st Kup being the highest before Black belt. There are five coloured belts and then black belt. In between each full coloured belt there are coloured tags. Each Belt signifies the knowledge and understanding of the taekwondo practicener at that time during his/ her Taekwondo career.

Belt	Kup Grade	Belt & Meaning
	10th Kup	<b>White Belt</b> Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo
	9th Kup	
	8th Kup	<b>Yellow Belt</b> Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid
	7th Kup	
	6th Kup	<b>Green Belt</b> Signifies the plants growth as Taekwondo skills begin to develop
	5th Kup	
	4th Kup	<b>Blue Belt</b> Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses
	3rd Kup	
	2nd Kup	<b>Red Belt</b> Signifies danger cautioning the student to exercise control and warning opponents to stay away
	1st Kup	
Belt	Poom/ Dan Grade	Belt & Meaning
	1st Poom – 3rd Poom	<b>Junior black belt Under 15yrs old</b>
	1st Dan - 9th Dan	<b>Black Belt</b> o White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkness and fear

## Taekwondo Uniform

Taekwondo Kup Grade Uniform (All Ages)	Taekwondo Poom Grade Uniform (Below 15 Years Old)	Taekwondo Dan Grade Uniform (15 Years and Above)
		

## WTF Kyorugi Equipment

 <p>Head Guard</p>	 <p>WTF Body Protector</p>	 <p>Shin Guards</p>	 <p>Sparring Gloves</p>	 <p>Sparring Socks</p>
 <p>Groin Guard (male)</p>	 <p>GroinGuard (female)</p>	 <p>Forearm Guards</p>	 <p>Mouth guard</p>	



## **Disciplines**

You will experience these disciplines in Taekwondo classes.

### **Basic Techniques**

All Martial arts include basic techniques and WTF Taekwondo is no exception, these form the basis and platform for progression in standard and for up-grading and through the belt ranking. Taekwondo kicking techniques are the most prominent with basic and the more difficult flying and spinning kicks. Taekwondo also teaches defence with blocking techniques and offensive punching striking and thrusting actions performed in various stances and directions, these are the basic techniques and the foundation stone that the practitioner builds on to progress in Taekwondo .

### **Set Sparring**

Set Sparring is the traditional way which you learn how to apply taekwondo techniques to self defence.

#### **Three Step Set Sparring** (*Sambon Kyorugi*)

Three step set sparring teaches the student many things including proper distance control, correct facing, forearm conditioning, correct blocking, control of stance, counter attacks and timing.

The attacker will start with right leg behind in long stance, low block. He will then step forward three times with a punch. The defender will block three times then counter attack.

#### **One Step Sparring** (*Hanbon Kyorugi*)

This form of sparring is completely different from free sparring. Sweeping techniques, arm locks, joint breaking techniques are all practiced. Distance, control and timing are of the utmost importance.

Attacker starts right leg back long stance low block and attacks once with the right. Once the student has defended with his technique the attack is then repeated with the left.

During one step students will be able to put into practice techniques learned during their technical training sessions.

### **Pad work**

Practiced with both hand and foot techniques, Taekwondo pad drills are an excellent form of training which helps develop good technique, timing, speed and stamina. Drills increase in complexity as the student advances through the grades.

### **Semi free sparring**

This type of sparring gives beginners the chance to practice basic kicking techniques whilst facing an opponent. Intermediate and advanced students use it for stamina, timing as well as for training their techniques.

Both students begin with right leg back in Kyorugi stance. When the command is given one for the student kicks and immediately after the other this is continuous.

When used for stamina exercise each kick should counter the previous.

This can start with only one kick at a time from each student, leading on to two kicks for two and on to three kicks attack one counter then repeated by other student.

### **Free Sparring** (*Kyorugi*)

Free sparring is basically putting into practice what has been learned so far. There is no pre-warning of attack. If practiced without protective equipment being worn, the emphasis should be on control and technique. Full contact sparring is allowed where adequate protection is worn and should take place under supervision of qualified instructor.

### **Self defence** (*Hosinsul*)

Hosinsul (self defence) is one of the main reasons for taekwondo training; it could be seen as an essential requirement in today's more violent society. Although taekwondo is a "self defence" the sport side focuses on scoring points to the body and head only. In real life (street) application. Hosinsul is a mixture of all kinds of techniques, which you learn during your taekwondo training, including kicking and striking techniques to vital target areas, ground defence, grab release techniques as well as defending against armed attackers etc

Self defence is something that cannot be practised alone. You will need a partner. You will learn how to react quickly and use the correct effective technique.

### **Stepping Techniques**

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.

### **WTF Competition Kyorugi (Sparring)**

With WTF Taekwondo as an Olympic sport, a lot more emphasis has been placed on competition Taekwondo. Competitors (players) wear a body protector, head guard, groin guard, shin guards and arm guards. WTF Taekwondo is full contact sparring. Points are scored by full contact punches to the body, a kick to the body or a kick to the head.

Matches are judged by a head of court, referee and corner judges.

Training for competition is different from traditional Taekwondo therefore separate classes are held for these who wish to take up the challenge to compete in the sport side of the art. To be a Taekwondo champion takes extensive training and lots of hard work.

The most important fact about Taekwondo is that it is both a superior art of self-defence and a technique of mental discipline. It gives its practitioners self-confidence, self-respect, self-discipline, and coordination. These mental characteristics along with an improved physical ability are beneficial to the mental wellbeing of individuals. With its practical means of self-defence and its complete regimen of physical conditioning Taekwondo offers a total fitness program integrating mind, body, and spirit.

## **UTA NI Grading Structure**

Tae Kwon Do consists of a series of Grades which are known as Kup and Dan. Kup grades are marked with belts and tags, a different colour for each one. You make your way through these coloured belts before reaching the black belt. This should take around three and half to four years with hard training.

Once you have gained your first Poom/Dan (black belt), the journey has not ended; in fact it has just begun. There are years of hard training between each level of black belt or Dan as they are known,

The grading's aim to demonstrate what you know and help you identify areas to work on. It's a continuous learning process.

UTA NI Kup Grading's are held on regular bases, and conducted by The Area Chief Instructor and grading panel 4<sup>th</sup> Dan +

March

June

September

December

## **UTA Dan Gradings:**

April

October

UTA Poom/ Dan Gradings are conducted by the UTA Grading Panel:

Grand Master Tong Wan Shin 9<sup>th</sup> Dan

Grand Master David Bailey 8<sup>th</sup> Dan

Master Peter Johnson 7<sup>th</sup> Dan

Master Glen Culbert 7<sup>th</sup> Dan

## Requirements for Kup Gradings

Applicants must have membership of UTA / UTA NI and hold a valid license and insurance The UTA Registrar will confirm membership for each applicant

Applicants must hand in their Grading Application form with UTA Grading Booklet and valid License / insurance slip attached, plus grading fee

Applicants must complete the required minimum training period and number of sessions between each grade

Grade: from / to	Min. Training period	Min. Training Sessions / week	Min. Sessions between grades
10 <sup>th</sup> - 9 <sup>th</sup> Kup	3 Months	2 Sessions per week	26 Sessions
9 <sup>th</sup> - 8 <sup>th</sup> Kup	3 Months	2 Sessions per week	26 Sessions
8 <sup>th</sup> - 7 <sup>th</sup> Kup	3 Months	2 Sessions per week	26 Sessions
7 <sup>th</sup> - 6 <sup>th</sup> Kup	3 Months	2 Sessions per week	26 Sessions
6 <sup>th</sup> - 5 <sup>th</sup> Kup	3 Months	2 Sessions per week	32 Sessions
5 <sup>th</sup> - 4 <sup>th</sup> Kup	3 Months	2 Sessions per week	32 Sessions
4 <sup>th</sup> - 3 <sup>rd</sup> Kup	3 Months	2 Sessions per week	32 Sessions
3 <sup>rd</sup> - 2 <sup>nd</sup> Kup	3 Months	2 Sessions per week	32 Sessions
2 <sup>nd</sup> - 1 <sup>st</sup> Kup	6 Months	2-3 Sessions per week	60 Sessions + 80% of official technical classes
1 <sup>st</sup> Kup - 1 <sup>st</sup> Dan	6 Months	2-3 Sessions per week	60 Sessions + 100% of official technical classes

Students who received a weak standard result at the previous grading must have trained for a minimum of 6 months before being eligible to take the next grading

Applicants must be the required standard and be recommended by their club Instructor

Applicants 1st Kup and above are required to be recommended by their club instructor and the Area Chief Instructor.

Applicants must show correct attitude and etiquette throughout Taekwondo training

Applicants must show support to Club, UTA NI and UTA

Applicants must observe the Tenets of Taekwondo

## **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.

## Kup Grading: Scoring

Grading Topic	Approach	Aspects being scored
<b>Stances</b> <b>10%</b>	<p>A good solid stance making a hand technique more powerful. Hand techniques should coincide with the stances.</p>	<ol style="list-style-type: none"> <li>1. Correct foot angles</li> <li>2. Correct knee angles</li> <li>3. Sliding across floor not slapping feet on the ground.</li> <li>4. Eye alignment correct</li> <li>5. Balance</li> </ol>
<b>Hand Techniques</b> <b>10%</b>	<p>Techniques moving up and down the Dojang.</p> <p>Freestyle blocks/kicks for 6<sup>th</sup> 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>	<ol style="list-style-type: none"> <li>1. Focus of sight on imaginary opponent (6<sup>th</sup> kup +).</li> <li>2. Spirit (switched on)</li> <li>3. Ki-ap / Breathing</li> <li>4. Continuous balance during movements</li> <li>5. High and low speed techniques</li> <li>6. Exactness of techniques</li> <li>7. Accuracy of techniques to vital target areas</li> <li>8. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)</li> <li>9. Flexibility of the body</li> <li>10. Volume of movement of technique.</li> <li>11. Technique coinciding with stance</li> <li>12. Eye alignment correct</li> <li>13. Body angles correct</li> </ol>

<p><b>Kicking Techniques</b>      <b>20%</b></p> <p><b>Technical 10%</b></p> <p><b>Kyorugi 10%</b></p>	<p>Techniques moving up and down the Dojang.</p> <p>Freestyle blocks/kicks for 6<sup>th</sup> 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>	<ol style="list-style-type: none"> <li>1. Focus of sight on imaginary opponent (6<sup>th</sup> kup +).</li> <li>2. Fighting sprit</li> <li>3. Ki-ap / Breathing</li> <li>4. Continuous balance during movements</li> <li>5. Exactness of techniques</li> <li>6. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)</li> <li>7. Flexibility of the body</li> <li>8. Fluid movement of the body</li> <li>9. Striking with correct foot position</li> <li>10. Eye alignment correct.</li> </ol>
--	---	--

<p><b>Poomsae</b></p> <p><b>20%</b></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>	<ol style="list-style-type: none"> <li>1. Accuracy of Technique Accuracy of basic movements Details of each poomsae correct</li> <li>2. Presentation Skill Accuracy of range of movements# Balance Speed and power</li> </ol> <p>Expression Strength/speed/rhythm Expression of energy</p>
<p><b>3 step / 1 step self defence</b></p> <p><b>10%</b></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>	<ol style="list-style-type: none"> <li>1. Focus on opponent</li> <li>2. Spirit (switched on)</li> <li>3. Ki-ap / Breathing</li> <li>4. Continuous balance during movements</li> <li>5. Exactness of techniques</li> <li>6. Accuracy of techniques to vital targets</li> <li>7. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)</li> <li>8. Flexibility of the body</li> <li>9. Volume of movement of technique.</li> <li>10. Technique coinciding with stance</li> <li>11. Eye alignment correct</li> <li>12. Fluid movement of the Body</li> <li>13. Blocking/ Striking with correct hand/ foot position</li> </ol>



<p><b>Ring Craft</b></p> <p><b>Semi-free sparring</b>      <b>10%</b></p> <p><b>Footwork/ Movement</b></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>	<ol style="list-style-type: none"> <li>1. Focus of sight on imaginary opponent (6<sup>th</sup> kup +).</li> <li>2. Fighting sprit Ki-ap / Breathing</li> <li>3. Continuous balance during movements</li> <li>4. Exactness of techniques</li> <li>5. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)</li> <li>6. Flexibility of the body</li> <li>7. Fluid movement of the body</li> <li>8. Striking with correct foot position</li> <li>9. Eye alignment correct.</li> </ol> <ol style="list-style-type: none"> <li>1. Focus on imaginary opponent/ opponent</li> <li>2. Spirit</li> <li>3. Ki-ap</li> <li>4. Continuous balance during movements</li> <li>5. Maintains a correct sparring stance</li> <li>6. Eye alignment</li> <li>7. Speed</li> <li>8. Relaxed Fluid movement of the body</li> </ol>
<p><b>WTF free sparring</b>      <b>10%</b></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.</p> <p>Competition techniques bit chagi; back kick, axe kick, and double kicks from higher grades are to be used, particularly from 6<sup>th</sup> kup+.</p>	<ol style="list-style-type: none"> <li>1. Focus of sight and shows a level of fighting spirit.</li> <li>2. Correct stance. (foot/ body alignment correct) Moving on toes/shimmies/alert.</li> <li>3. Applies sensible attack techniques to make a controlled point.</li> <li>4. Continuous balance during movements</li> <li>5. Has sufficient leg power/speed/quickness to make a point.</li> <li>6. Use of Ki-up</li> <li>7. Has an evasive defense plus applying the closing-in technique to stop.</li> <li>8. Counters (including moving 45o deg angles, closing down tech).</li> <li>9. Shows an awareness of tactics (eg. how to cope with and aggressive fighter and could explain them if asked. (Adjustment of techniques)</li> </ol>

<p><b>Destruction / Power test</b> <b>10%</b></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>Some one 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>	<ol style="list-style-type: none"> <li>1. Etiquette (bowing to examiners/board holders)</li> <li>2. Stance</li> <li>3. Body distance / position to target</li> <li>4. Accuracy of Technique</li> <li>5. Exactness of techniques - Correct leg/hand movement</li> <li>6. Correct contact of foot/hand part with target</li> <li>7. Determined spirit / ki-ap</li> <li>8. Retrieval of leg/arm</li> <li>9. Fluid movement of the body</li> <li>10. Return to stance</li> <li>11. Continuous balance during movements</li> <li>12. Bowing to examiners</li> </ol>
<p><b>Etiquette</b>                      <b>5%</b></p>	<p><b>Etiquette</b></p> <ol style="list-style-type: none"> <li>1. Clothing/Appearance</li> <li>2. The belt tied correctly</li> <li>3. Courtesy behaviour throughout the examination (Bowing correctly to fellow students &amp; examiners/ Instructors)</li> <li>4. Correct attitude showing the tents of Taekwondo</li> <li>5. Destruction etiquette</li> </ol>	<ol style="list-style-type: none"> <li>1. Standing properly to attention.</li> <li>2. Bowing properly at the appropriate places,</li> <li>3. Having a clean, well presented appearance, properly tied belt.</li> <li>4. Adhering to the tenets of Taekwondo</li> <li>5. Spirit</li> <li>6. Maintaining etiquette throughout</li> <li>7. Showing respect to fellow students</li> </ol>

<p><b>Honsinsul</b></p> <p><b>Non Grading section</b></p>	<p>Techniques must be effective in defending the attack and some form of counter attack is applied. If a bad foot position leads to weak, ineffectual techniques then they will lose marks. Students are being marked on their ability to defend themselves, using Taekwondo techniques.</p> <p>A good solid stance making a hand/foot technique more powerful is required. Hand/foot techniques should coincide with the stances.</p> <p>Spirit (be "switched" on)</p> <p>Accuracy Accuracy of techniques to correct vital target area.</p> <p>Correct foot/ hand position of strike/ kick</p> <p>Balance Continuous balance during movements</p> <p>Return to defensive position after counter has been delivered (Kyorugi stance)</p>	<ol style="list-style-type: none"> <li>1. Skilful application of foot and hand techniques</li> <li>2. Taekwondo based techniques</li> <li>3. Slow deliberate techniques to show defence.</li> <li>4. Controlled techniques</li> <li>5. Focus on appropriate vital target areas.</li> <li>6. Spirit</li> <li>7. Continuous balance during movements</li> <li>8. Reaction to the attack.</li> <li>9. Positioning after counter attack has had effect.</li> </ol>
<p><b>Knowledge</b></p>	<p>Oral exam, Before or After Practical exam</p> <p>12yrs old and over (cadet, junior, senior) 10<sup>th</sup> + oral knowledge test 5 questions</p> <p>Knowledge Test &amp; Taekwondo Etiquette 3rd - 1st Kup      Knowledge test written or verbal test 25 question 100% pass mark 60%</p>	<p>10<sup>th</sup> - 8<sup>th</sup> Kup Knowledge Test &amp; Taekwondo Etiquette 5% each - Total 10% is included in the overall scoring</p> <p>7<sup>th</sup> - 3<sup>rd</sup> Kup Effects Students L, O, or A pass grade</p> <p>3<sup>rd</sup> - 1<sup>st</sup> Kup Knowledge test written or verbal test 25 question 100% pass mark 60%</p>