

## **10th - 9th Kup. White belt to Yellow Tag**

All Moves To Demonstrate Kiap

1. Punching. Horse riding stance
2. Low section block. Walking stance
3. Inner mid-section block. Walking stance
4. High section block. Walking stance
5. Lunge punch. Front stance
6. Front kick, double low section block (stationary) Front stance
7. Front kick, lunge punch. Front stance
8. One step sparring· inner mid section block· high section block
9. Free sparring
10. Theory: recite the Tenets of Taekwondo, count 1 to 10 in Korean tie belt up correctly, explain the importance of stretching.

## **9th - 8th Kup. Yellow tag to Yellow**

. Taeguek #1

2. Punching - double Horse riding stance

3. Low section block Front stance

4. Inner mid section block Front stance

5. High section block Front stance

6. Outer mid section block Back stance

7. Out knife hand block Back stance

8. Reverse mid section punch Front stance

9. Side kick Back stance

10. Turning kick Back stance

11. One step sparring:· outer mid section block· outer knife hand block

12. Free sparring

13. Theory:· Recite kicks and blocks giving both Korean & English terms· As previous syllabus with the addition of the following: Low Section

block, High Block, Outer Mid Block, Outer Knife Block, Inner Block, Turning Kick, Front Kick.

## **8th - 7th Kup. Yellow to Green Tag**

1. Taeguk #2 and #1
2. Low block/reverse punch Front stance
3. Inner block/reverse punch Front stance
4. High section block/reverse punch Front stance
5. Double knife hand block Back stance
6. Front kick, reverse punch Front stance
7. Turning kick Back stance
8. Side kick Back stance
9. One step sparring: application of any 2 blocks from above,+ chosen by examiner
10. Technique free sparring: 1 round only
11. Theory: as Previous plus side kick /punch/ bow /attention/

## **7th - 6th Kup. Green Tag to Green**

1. Taeguek #3 (and either #1 or #2)
2. Outer mid section block (back stance), Reverse punch (Front stance)
3. Double knife hand block (Back stance), Spear hand thrust (Front stance)
- 4 Front leg kicking (stationary)front, side and turning kicks Back stance
5. Back kick Back stance
6. Turning kick, back kick Fighting stance
7. Back kick, turning kick Fighting stance
9. One step sparring:- Application of high block/outer block/ inner block/
10. Technique free sparring : 2 rounds
11. Mit work: Mit holder calling kicks (Both holder and kicker will be marked)
12. Theory. As previous (plus back kick/ Belt /Uniform/ Training hall).

## **6th - 5th Kup. Green to Blue Tag**

1. Taeguek (i) # 4 (ii) Examiner's Choice

2. Basics

(1) Reverse ridge hand (strike to neck) (All Ages) Front Stance

(2) Double knife hand block Back Stance

Spear hand thrust to the throat. Front Stance

(3) Jumping front kick, high section (All Ages) Fighting Stance

(4) Jumping round-house kick, high section (All Ages) Fighting Stance

(5) High round-house kick, reverse hook kick. Leg to land in front. (All Ages) Fighting Stance

(6) Reverse turn, high round-house kick, mid-section back thrust Fighting Stance

(7) Push kick slide forward leg chop (same leg). Fighting Stance

3. Step Sparring

(i) Single knife hand block, step to outside and double punch to kidneys.

(ii) Double knife hand block, shift to inside and front kick (mid) punch (high)

(iii) Free choice of techniques - number to be determined by examiner.

4. Sparring

(i) Attacking and defending moving across floor

(ii) Technique (x 2 rounds)

(iii) Focus Mitt Kicking kicks to be determined by mit holder while moving around floor. (Kicker and mitt holder both to be marked)

5. Self Defence

(i) Double handed strangle from front

(ii) Single handed grab to lapel

(iii) Bear hug.

(iv) Single grab to collar from rear.

6. Theory General Korean terms.

**5th - 4th Kup. Blue Tag to Blue.**

A) Taeguek (i) No. 5 (ii) Student's choice.

(B) Basics: Instructor to select 6 techniques

(1) Double knife hand block, side kick land in guarding block (seniors above 10) Back Stance

(2) Inner crescent kick, moving forward Back Stance

(3) Back thrust mid-section, high section roundhouse kick, keeping up on toes. (All Ages) Fighting Stance

(4) Double round-house kick (same leg) low and high (keeping up on toes). (All Ages) Fighting Stance

(5) Double side kick (same leg) low and high, (keeping up on toes). (All Ages) Fighting Stance

(6) Reverse hook kick (return to starting position) Back Stance (All Ages)

(7) Front leg mid-section front kick, high section round-house kick (same leg) Back Stance

(8) Jumping front kick (high), moving forward Fighting Stance

(9) Any other techniques of examiners choice from additional sheet if required.

(C) One Step Sparring

(i) Inner block (to outside of arm), reverse turn elbow strike to back of the head

(ii) Knife hand block (to outside of arm) - side kick off front leg.

(iii) Free choice of techniques - number to be determined by examiner.

(D) Sparring

(i) Attacking and Defending across floor

(ii) Technique (x 2 rounds) Focus Mitt Kicking 2 one Minute Rounds (moving around; kicker and mitt holder to be marked).

(iii) Self defence (2 frontal and 2 rear attacks)

(E) Destruction on frame (age 20+ only)

(i) Reverse inner knife hand (front stance)

(ii) Back kick

(F) Theory

General Korean terms.

#### **4th - 3rd Kup. Blue to Red Tag.**

(A) Taeguek (i) No. 6 (ii) Examiner's Choice

(B) Basics: Instructor /examiner to select six techniques

(1) Double side kick (high and middle) Back Stance

(2) Jumping turning kick (guarding block) Back Stance

(3) Low round-house kick (in-step) reverse hook (leg to land in front) Fighting Stance

(4) Front leg, front kick (mid) same leg side kick (mid). Back Stance

Back thrust (high) (All Ages).

(5) Sliding hook kick, front leg (guarding block) Back Stance

(All Ages)

(6) Moving Back, 45 Degree Pi Chagi kick (Keeping up on toes) Fighting Stance

(7) Any other techniques of examiners choice from additional sheet, as required by examiner.

(C) One Step Sparring

(i) Side step and execute outer crescent kick (to inside of the arm), followed by turning kick to the face.

(ii) Reverse outer wrist block (front stance), grab back of neck, knee attach to centre of the body, downward elbow strike to the back of

the head (elbow and knee executed with opposite sides) finish in front stance.

(iii) Free choice of techniques - number to be determined by examiner.

(D) Sparring (Body armour on)

(i) One for one, on the spot and moving around (light contact must be made)

(ii) Technique/light contact (x 2 rounds)

(iii) Focus Mitt Kicking 2 One Minute Rounds mit holder to call kicks, (kicker and mit holder both to be marked).

(E) Self defence (2 frontal and 2 rear attacks)

(F) Destruction on frame (age 15+ only)

(i) Hand (students choice)

(ii) Foot (students choice)

(G) Theory

General terms.

### **3rd - 2nd Kup. Red Tag to Red**

(A) Taeguek (i) No. 7 (ii) Examiner's Choice

(B) Basics: Examiner to pick 8 Techniques (All Ages)

(1) Side kick (mid) Back Stance

(2) Reverse low section block Walking Stance

Reverse mid section punch Walking Stance

(3) Low back kick, high round-house kick (same leg) Fighting Stance

(4) Moving away, mid-section back thrust (leg to land in front) Fighting Stance

(5) Slide in hook kick, reverse hook kick (leg to land in front) Fighting Stance

(7) Reverse hook kick (leg land in front), back thrust (leg land in front) Back Stance

(8) Various stepping, moving forward backwards. (must be done with kihap on every step)

(C) Sparring (with body armour)

(i)(ii)(iii) One for One / Attacking and Defending (Light Contact must be made ) / Mit Work; calling kicks. (kicker and mit holder both to be marked).

(iv) Technique sparing (x 2 rounds) (Light contact must be made)

(v) Self defence (3 frontal + 3 rear attacks)

(iv) One step sparring

(D) Destruction on frame (20+)

(i) Hand (student's choice)

(ii) Foot (student's choice)

(E) THEORY

General terms and explanation of technique, power, stances etc.

**2nd to 1st Kup. Red to Black Tag.**

A) Taeguek (i) No. 8 (ii) Examiner's Choice (4 further patterns)

(B) Basics: all kicks Stationary / Moving Forward

(1) Front kick, double low block. Front Stance

(2) Round-house kick. Back Stance

(3) Back thrust. Fighting Stance

(4) Side kick Guarding block. Back Stance

(5) Jump front kick (may be front or back leg strike - examiners choice). Back Stance

(6) (Keeping up on toes) Reverse spin back kick (both feet should leave the floor)  
Fighting Stance

(C) Sparring (Body Armour on)

(i) Mit work – Holder calling the kicks whilst moving around the floor. (Kicker and holder both to be marked)

(ii) Attacking and defending (must make light contact)

(iii) Various stepping movements forwards, backward

(iv) One for one Moving Backward and Forward

(v) Technique/ Semi contact W.T.F. style (x 2 rounds) with body protector.

(vi) Self defence: (3 frontal + 3 rear attacks) including take downs

(vii) One step sparring (All Punches to High Section)

(D) Destruction on frame (20+) (under 20 year olds will demonstrate without contact/breaking)

(i) Hand (examiners choice)

(ii) Side kick on wood

(E) THEORY: Korean/English translation