

Grading Syllabus

all kicks from fighting stance

all kicks & strikes with kihaps

SENIOR

2nd Kup – Red Belt

Knowledge:

Name of pattern 7 – Taeguk Chil Jang

1. Meaning of Taeguk Chil Jang – Mountain
What is "mid block in back stance" in Korean? - Momtong
makki dwit kubi seogi
2. **Taeguk Chil Jang** (7)
3. **Taeguk Yuk Jang** (6)
4. **Taeguk O Jang** (5)
5. **Taeguk Sa Jang** (4)

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| 6. | Outer Mid Block and Guarding Block – (as in Pal Jang) | Back Stance |
| 7. | Wedging Block – | Long Stance |
| 8. | Inner Mid Block, Reverse Punch – | Long Stance |
| 9. | Knife Hand Block (back stance), Reverse Punch (long stance) (as in Sam Jang) | |
| 10. | Reverse Elbow Strike (face), Reverse Back Knuckle (face), Punch (mid section) (as in Pal Jang) | Long Stance |
| 11. | Front Leg Hook Kick | |
| 12. | Spinning Hook Kick – | |
| 13. | Slip Spinning Hook Kick | |
| 14. | Chikyo Chagi (left leg), Chikyo Chagi (right leg) (Axe Kicks) | |
| 15. | Slip Back Crescent Kick | |
| 16. | Butterfly Kick | |
| 17. | Double Side Kick (as in Koryo) | |

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| 18. | The Handshake Routine | |
| 19. | 2 Hold Downs | |
| 20. | 1 Step Sparring | (1 Step Self Defence) |
| 21. | Kyorugi - free sparring | (Controlled Contact) |
| 23. | 2 Against 1 Sparring (Controlled Contact) | |

24. Pad Work Across the Floor (Head Height)

25. Destruction (16 yrs and above)

1st Kup – Black Tags

1. On the Spot Kicks (examiner's discretion)
Choices from: **apchagi**, **dollyochagi**, **yopchagi**

Knowledge:

2. Name of pattern 8 – Taeguk Pal Jang
Meaning of Taeguk Pal Jang – Earth
Any/All from previous knowledge questions
 3. **Taeguk Pal Jang** (8)
 4. **Taeguk Chil Jang** (7)
 5. **Taeguk Yuk Jang** (6)
 6. **Taeguk O Jang** (5)
 7. **Taeguk Sa Jang** (4)
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|-----|---|----------------------------|
| 8. | Mid Downward Palm Block (as in Koryo) | Short Stance |
| 9. | Knife Hand Strike, Knife Hand Block (as in Koryo) | Long Stance |
| 10. | Ridge Hand Strike – | Long Stance |
| 11. | Mountain Block – | <i>Horse-Riding Stance</i> |
| 12. | Spinning Knife Hand Strike | Back Stance |
| 13. | Double Knife Hand Block – | Back Stance |
| 14. | ApChagi , Low Knife Hand Block, Reverse C Strike (as in Koryo) | Long Stance |
| 15. | dubal dang-seong ap-chagi (as in Pal Jang) | |
| 16. | Slip Back Turning Kick | |
| 17. | Slip Back Axe Kick | |
| 18. | Slip Spinning Hook Kick | |
| 19. | 3 Bandal Chagi Twio Dolmyo (mid air) | |
| 20. | Butterfly Kick (land), Yop Chagi (side kick) Left Leg then Right Leg | |
| 21. | Slip Spinning Side Kick (land), Spinning Hook Kick | |
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| 22. | 2 Lock Techniques | |
| 23. | Self Defence (3 Different) | (Release Techniques) |
| 24. | 1 Step Sparring (punch to face) | (1 Step Self Defence) |
| 25. | One for One Sparring (No Contact) | (1 Blow Sparring) |
| 26. | Kyorugi – any other sparring | (examiner's discretion) |
27. Pad Work Across the Floor (Jump Head Height Kicks)
28. Destruction (16 yrs and above)

Short Stance – Apseogi
Long Stance – Apkubi
Back Stance – Dwitkubi

Horse-Riding Stance – Juchum Seogi
Cat Stance – Beom Seogi