

## Grading Syllabus

\*all kicks from fighting stance\*

\*all kicks & strikes with kihaps\*

# INTERMEDIATE

### 4th Kup – Blue Belt

1. Double Forearm Block – Long Stance
2. Front Elbow Strike (gather and strike) Long Stance
3. Mid Section Knife Hand Twisting Block (as in Yuk Jang) Long Stance
4. Retreating Double Knife Hand Block – Back Stance
5. Scissor Block – Long Stance
6. Axe Kick –
7. Hook Kick – nakka chagi
8. Twisting Kick – bitureo chagi
9. Spinning Crescent Kick
10. **Bandal Chagi, Bandal Chagi**
11. Front Snap Kick, Double Punch – Long Stance

#### Knowledge:

12. Name of pattern 5 – Taeguk O Jang  
Meaning of Taeguk O Jang – Wind  
What is "high block" in Korean? - Olgulmakki
13. **Taeguk O Jang** (5)
14. **Taeguk Sa Jang** (4)

15. Self Defence – 3 different (Release Techniques)
16. 1 Step Sparring (1 Step Self Defence)
17. Three Blow Sparring (Controlled Contact)

18. Spinning Side Kick Big Pad

19. Destruction (16 yrs and above)

### 3rd Kup – Red Tags

1. Reverse Knife Hand Strike – Long Stance
2. Palm Heel Strike (face) – Long Stance
3. Jebi-poom mok-chigi Long Stance
4. Low Double Knife Hand Block – Back Stance
5. Inner Palm Mid Block, Back Knuckle Face Strike (as in Chil Jang) Cat Stance
6. Inner Crescent Target Kick
7. Spinning Hook Kick –
8. Flying Side Kick Three Steps
9. **2 Bandal Chagi twio dolmyo** (mid air)
10. Step Back Crescent Kick
11. **Bandal Chagi, Dwi Chagi** (Spinning Side Kick)

#### Knowledge:

12. Name of pattern 6 – Taeguk Yuk Jang  
Meaning of Taeguk Yuk Jang – Water  
What is "long stance in Korean? – Apkubi
13. **Taeguk Yuk Jang** (6)
14. **Taeguk O Jang** (5)
15. **Taeguk Sa Jang** (4)

16. 2 Lock Techniques
17. Self Defence – 2 different (Release Techniques)
18. 1 Step Sparring (1 Step Self Defence)
19. Free Sparring – *Kyorugi* (Controlled Contact)

20. Pad Work Across the Floor (head height)

21. Destruction (16 yrs and above)

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

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