

Grading Syllabus

all kicks from fighting stance

all kicks & strikes with kihaps

JUNIOR

8th Kup – Yellow Belt

- 10 Press Ups
- Mid Section Punch
juchum Seogi, jireugi Horse-Riding Stance
- Low Block
apkubi, araemakki Long Stance
- Mid Block
dwitkubi, momtong anmakki Back Stance
- High Block
apkubi, olgulmakki Long Stance
- Rising Kick
- Front Snap Kick
apchagi

Knowledge:

- Name of pattern 1 – Taeguk II Jang
Meaning of Taeguk II Jang – Heaven and Light
- Taeguk II Jang (1)**

6th Kup – Green Belt

- 10 Sit Ups
- Back Elbow Strike Back Stance
- Double Knife Hand Block
dwitkubi, sonnal makki Back Stance
- X-Fist Block
apkubi, otgoreo araemakki Long Stance
- Back Fist (Knuckle) Strike
apkubi, deungjumeok chigi Long Stance
- Inner Mid Block, Reverse Punch
apkubi, momtong anmakki, momtong barojireugi Long Stance
- Knee Strike
mureupchigi Long Stance
- Turning Kick
dollyochagi
- Inner Crescent Kick
anchagi
- Slip Front Snap Kick
- Front Snap Kick, Low Block, Reverse Punch Short Stance
apchagi, apseogi, araemakki, momtong barojireugi

Knowledge:

- Name of pattern 3 – Taeguk Sam Jang
Meaning of Taeguk Sam Jang – Fire and Sun
What is "front snap kick" in Korean? – Apchagi
- Taeguk Sam Jang (3)**
- Taeguk II Jang (1)**

- 1 Step Sparring (1 Step Self Defence)
- Free Sparring - *Kyorugi* (Non Contact)

7th Kup – Green Tag

- 10 Ceiling to Floors
- Knife Hand Side Strike Back Stance
- Face Punch
dwitkubi, olguljireugi Back Stance
- Low Block, Reverse Punch
apseogi, araemakki, bandaejireugi Long Stance
- Turning Kick
dollyochagi
- Side Kick
yopchagi
- Front snap kick, punch Short Stance
apchagi, apseogi, momtong bandaejireugi

Knowledge:

- Name of pattern 2 – Taeguk E Jang
Meaning of Taeguk E Jang – Joyfulness
What is "kick" in Korean? - Chagi
- Taeguk E Jang (2)**
- 1 Step Sparring (1 Step Self Defence)
- One for One Sparring (Non contact) (One Blow Sparring)

5th Kup – Blue Tags

- 10 Press Ups
- 10 Ceiling to Floors
- Low Downward Punch Fighting Stance
- Reverse Upset Punch Cat Stance
- Knife Hand Side Strike Long Stance
- Inner Mid Block (over front leg), Inner Mid Block Long Stance
- Half Turning Kick
bandal chagi (B Chagi)
- Pushing Kick
mireo chagi
- Outer Crescent Kick
bakkat chagi
- Spinning Side Kick
- Jump Front Snap Kick
twio ap chagi
- Front Snap Kick (Kihap), Back Knuckle, Inner Mid Block– (as in O Jang) Long Stance

Knowledge:

- Name of pattern 4 – Taeguk Sa Jang
Meaning of Taeguk Sa Jang – Thunder
What is "block" in Korean? - Makki
- Taeguk Sa Jang (4)**
- Taeguk E Jang (2)**

- Self Defence (2 Wrist) (Release Techniques)
- 1 Step Sparring (1 Step Self Defence)
- Free Sparring - *Kyorugi* (Controlled Contact)

- Destruction (16 yrs and above)

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

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