

Koryo Taekwondo Centre

GRADING SYLLABUS

Red 3 Stripes (1st Gup) to Cho Dan Bo

PART 1

(TIME LIMIT ONE AND A HALF MINUTES)

- A. ALL BASIC PUNCHING, BLOCKING AND STRIKING TECHNIQUES IN HORSE RIDING STANCE

PART 2

KICKING TECHNIQUES IN FIGHTING STANCE ON THE SPOT

MOVE RIGHT LEG BACK TO START (5 TIMES EACH SIDE)

- A. JUMPING FRONT KICK
B. JUMPING ROUNDHOUSE KICK
C. JUMPING TURNING SIDE KICK
D. JUMPING SPINNING HEEL KICK
E. JUMPING SPINNING HOOK KICK

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PART 3

3 TIMES UP THE HALL (MOVE RIGHT LEG BACK TO START)

- A. VARIOUS KICKING TECHNIQUES IN FIGHTING STANCE MOVING FORWARD

PART 4

3 TIMES UP THE HALL (MOVE RIGHT LEG BACK TO START)

- A. VARIOUS KICKING, PUNCHING AND STRIKING TECHNIQUES IN FIGHTING STANCE

PART 5

KICKING TECHNIQUES IN FIGHTING STANCE MOVING FORWARD

ALL KICKS ARE TO BE COMPLETED 5 TIMES ON EACH LEG

- A. JUMPING FORWARD TURNING SIDE KICK
- B. JUMPING FORWARD SPINNING HEEL KICK
- C. ROUNDHOUSE KICK FOLLOWED BY JUMPING TURNING ROUNDHOUSE KICK
- D. CRESENT KICK FOLLOWED BY JUMPING TURNING CRESENT KICK
- E. JUMPING HAMMER KICK
- F. JUMPING DOUBLE FRONT KICK USING BOTH LEGS AT THE SAME TIME

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PART 6

(INSTRUCTOR LEFT HAND SIDE TO ATTACK FIRST)

A. ONE STEP EXERCISE

PART 7

(INSTRUCTOR LEFT HAND SIDE TO ATTACK FIRST)

ALL MOVEMENTS ARE IN FIGHTING STANCE

Note: Seniors only (15 years of age plus)

A. ONE STEP SELF DEFENCE

PART 8

SELF DEFENCE

A. FOUR RANDOM TECHNIQUES AS NOMINATED

B. TWO RANDOM TECHNIQUES AGAINST A CLUB ATTACK

C. TWO RANDOM TECHNIQUES AGAINST A KNIFE ATTACK

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PART 9

FORMS

- A. TAEGUKS ONE TO EIGHT
- B. PALGAES ONE TO EIGHT (SENIORS ONLY)
- C. PALGAE ONE, TWO, THREE AND FOUR
(JUNIORS 14 YEARS AND YOUNGER)
- D. POOMSE KORYO

PART 10

FREE FIGHTING: FULL CONTACT WEARING PROTECTIVE GEAR

- A. TWO FIGHTS (ONE ON ONE)
- B. ONE FIGHT (TWO AGAINST ONE)
- C. ONE FIGHT (THREE AGAINST ONE)

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PART 11

BREAKING

(14 YEARS AND YOUNGER JUNIOR BOARDS)

(15 TO 17 INTERMEDIATE BOARDS)

(18 AND ABOVE SENIOR BOARDS)

Note: Consideration may be given to females

- A. THREE CORNER BREAK (KICKS ONLY)
ONE BOARD PER KICK
- B. FLYING SIDE KICK or JUMPING KICK
(TWO BOARDS) TWO ATTEMPTS
- C. ANY HAND STRIKE (ONE BOARD)
(A and C ONE ATTEMPT PER BOARD ONLY)

PART 12

TERMINOLOGY, HISTORY & ETIQUETTE

- A. TAEGUK 1 TO 8 & POOMSE KORYO
TERMINOLOGY
- B. KORYO CLUB HISTORY
- C. TAEKWONDO HISTORY
- D. ETIQUETTE

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PART 13

FITNESS

- A. PUSH UPS: SENIORS = 35, JUNIORS 25
- B. SIT UPS: SENIORS = 35, JUNIORS 25
- C. CONTINUOUS ROUNDHOUSE KICKS:
SENIORS = 35, JUNIORS = 25

KICKS TO BE PREFORMED ON A PAD.