

Koryo Taekwondo Centre

GRADING SYLLABUS

White Belt to Yellow 1 Stripe (9th Gup)

PART 1

PUNCHING TECHNIQUES IN HORSE RIDING STANCE (5 TIMES EACH SIDE)

- A. BODY PUNCH
- B. FACE PUNCH
- C. DOUBLE BODY PUNCH
- D. DOUBLE BODY PUNCH FOLLOWED BY SINGLE FACE PUNCH

PART 2

BLOCKING TECHNIQUES IN HORSE RIDING STANCE (5 TIMES EACH SIDE)

- A. LOWER BLOCK
- B. BODY BLOCK
- C. MINOR BODY BLOCK
- D. OUTSIDE BODY BLOCK
- E. FACE BLOCK

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PART 3

KICKING TECHNIQUES IN FIGHTING STANCE (5 TIMES EACH SIDE)

- A. FRONT KICK
- B. ROUNDHOUSE KICK
- C. SIDE KICK

PART 4

FORMS

- A. BASIC PATTERN (WITH COUNT)
- B. BASIC PATTERN (WITHOUT COUNT)

PART 5

FREE FIGHTING: OPEN HAND SHOULDER ATTACK ONLY

- A. ONE TO THREE FIGHTS

Note the following

- **Parts 1, 2, & 3 are to be completed with Kihap.**
- Students under the age of 8 do not have to complete Basic Pattern.