

# Koryo Taekwondo Centre

## GRADING SYLLABUS

BLUE 1 Stripe (6<sup>th</sup> Gup) to BLUE 2 Stripes (5<sup>th</sup> Gup)

### **PART 1**

#### **(TIME LIMIT ONE AND A HALF MINUTES)**

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

Note: Start with hands on hips.

### **PART 2**

#### **BLOCKING TECHNIQUES MOVING FORWARD IN BACK STANCE**

#### **(5 TIMES EACH SIDE)**

- A. DOUBLE MIDDLE KNIFE HAND BLOCK  
B. DOUBLE LOWER KNIFE HAND BLOCK  
C. DOUBLE MIDDLE BLOCK (HANDS CLOSED)  
D. DOUBLE LOWER BLOCK (HANDS CLOSED)

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### **PART 3**

#### **KICKING TECHNIQUES MOVING FORWARD IN FIGHTING STANCE**

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

- A. SLIDING FRONT KICK USING FRONT LEG
- B. SLIDING ROUNDHOUSE KICK USING FRONT LEG
- C. SLIDING SIDE KICK USING FRONT LEG
- D. SLIDING HOOK KICK USING FRONT LEG
- E. CRESENT KICK (OUTSIDE TO INSIDE) USING BACK LEG FOLLOWED BY TURNING SIDE KICK
- F. FRONT KICK, FRONT KICK THEN SLIDING FRONT KICK
- G. ROUNDHOUSE KICK, ROUNDHOUSE KICK THEN SLIDING ROUNDHOUSE KICK
- H. SIDE KICK, SIDE KICK THEN SLIDING SIDE KICK
- I. FRONT KICK, ROUNDHOUSE KICK THEN SIDE KICK

Note: For A & B, the rear foot should past the leading foot by at least one foot length whilst moving forward.

Note: For C & D the rear foot should touch the back of the leading foot whilst moving forward.

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### **PART 4**

#### **KICKING TECHNIQUES IN POSITION**

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

- A. TURNING SIDE KICK
- B. SPINNING HEEL KICK
- C. SPINNING HOOK KICK

### **PART 5**

#### **FORMS**

- A. TAEGUK ONE, TWO, THREE & FOUR
- B. PALGAE ONE SENIORS ONLY (15 YEARS & ABOVE)

### **PART 6**

#### **SELF DEFENCE**

- A. ONE WRIST ROLL FOLLOWED BY A STRIKE OR LOCK
- B. ONE SHOULDER HOLD FOLLOWED BY A STRIKE OR LOCK

### **PART 7**

#### **FREE FIGHTING: FULL CONTACT WEARING PROTECTIVE GEAR**

- A. ONE TO THREE FIGHTS

#### **NOTE THE FOLLOWING**

Parts 1,2,3 & 4 are to be completed with Kihap