

Koryo Taekwondo Centre

GRADING SYLLABUS

Red 1 Stripe (3rd Gup) to Red 2 Stripes (2nd Gup)

PART 1

KICKING TECHNIQUES ON THE SPOT IN FIGHTING STANCE

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

- A. JUMPING TURNING SIDE KICK
- B. JUMPING SPINNING HEEL KICK
- C. JUMPING SPINNING HOOK KICK
- D. DOUBLE KICK USING JUMPING, TURNING OR
FAKE KICK
(OWN CHOICE)

PART 2

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

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

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PART 3

KICKING TECHNIQUES IN FIGHTING STANCE

MOVING FORWARD

MOVE RIGHT LEG BACK TO START

ALL KICKS ARE TO BE COMPLETED 5 TIMES ON EACH LEG

- A. CRESENT KICK FOLLOWED BY JUMPING TURNING CRESENT KICK
- B. JUMPING DOUBLE FRONT KICK (ONE LEG THEN THE OTHER)
- C. ROUNDHOUSE KICK FOLLOWED BY JUMPING TURNING ROUNDHOUSE KICK
- D. JUMPING HAMMER KICK

PART 4

(INSTRUCTOR LEFT HAND SIDE TO ATTACK FIRST)

- A. THREE STEP EXERCISE

PART 5

(INSTRUCTOR LEFT HAND SIDE TO ATTACKS FIRST)

ALL MOVEMENTS ARE IN FIGHTING STANCE.

- A. ONE STEP EXERCISE

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PART 6

(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 7

SELF DEFENCE

A. 2 DEFENCES AGAINST A KNIFE ATTACK
(DOWNWARD & FORWARD STRIKE)

B. 2 DEFENCES AGAINST A CLUB ATTACK
(SIDE & DOWNWARD STRIKE)

C. FOUR OF OWN CHOICE WITH OR WITHOUT
WEAPONS

PART 8

FORMS

A. TAEGUK ONE, TWO, THREE, FOUR, FIVE, SIX
& SEVEN.

B. PALGAE ONE & TWO (14 YEARS AND
YOUNGER)

C. PALGAE ONE, TWO, THREE, FOUR AND FIVE
(15 YEARS PLUS)

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PART 9

FREE FIGHTING: FULL CONTACT WEARING PROTECTIVE GEAR

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

PART 10

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

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PART 11

TERMINOLOGY

A. KOREAN TERMS FOR BASIC PUNCHES,
BLOCKS, KICKS AND STRIKES.

PART 12

FITNESS

- A. PUSH UPS: SENIORS = 20, JUNIORS 10
- B. SIT UPS: SENIORS = 20, JUNIORS 10
- C. CONTINUOUS ROUNDHOUSE KICKS:
SENIORS = 25, JUNIORS = 15
KICKS TO BE PREFORMED ON A PAD.

Note the following

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