

Koryo Taekwondo Centre

GRADING SYLLABUS

Red 2 Stripes (2nd Gup) to Red 3 Stripes (1st Gup)

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 FIRST 5 KICKS THEN MOVE LEFT LEG BACK FOR SECOND 5 KICKS (5 TIMES EACH SIDE)

- A. JUMPING KICK (OWN CHOICE)
B. TURNING KICK (OWN CHOICE)
C. STEPPING KICK (OWN CHOICE)
D. COMBINATION KICK (OWN CHOICE)

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PART 3

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

- A. VARIOUS KICKING, PUNCHING, BLOCKING AND STRIKING TECHNIQUES MOVING FORWARD

PART 4

KICKING TECHNIQUES IN FIGHTING STANCE MOVING FORWARD

ALL KICKS ARE TO BE COMPLETED 5 TIME ON EACH LEG

- A. JUMPING FORWARD TURNING SIDE KICK
- B. STEPING FORWARD SPINNING HEEL KICK
- C. ROUNDHOUSE KICK FOLLOWED BY JUMPING TURNING ROUNDHOUSE KICK
- D. JUMPING HAMMER KICK
- E. JUMPING DOUBLE FRONT KICK (BOTH LEGS AT THE SAME TIME)
- E. STEPING FORWARD SPINNING HOOK KICK

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PART 5

(INSTRUCTOR LEFT HAND SIDE TO ATTACK FIRST)

A. THREE STEP EXERCISE

PART 6

(INSTRUCTOR LEFT HAND SIDE TO ATTACKS FIRST)

ALL MOVEMENTS ARE IN FIGHTING STANCE

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 TECHNIQUES OF OWN CHOICE (NO WEAPONS)

B. TWO DEFENCES AGAINST CLUB ATTACKS (OWN CHOICE)

C. TWO DEFENCES AGAINST KNIFE ATTACKS (OWN CHOICE)

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PART 9

FORMS

- A. ALL TAEGUKS
- B. ALL PALGAES ONE TO SEVEN (SENIORS ONLY)
- C. PALGAE ONE & TWO (JUNIORS 14 YEARS AND YOUNGER)

PART 10

FREE FIGHTING: FULL CONTACT WEARING PROTECTIVE GEAR

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

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

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PART 12

TERMINOLOGY, OATH & HISTORY

A. CLUB OATH

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

C. KORYO CLUB HISTORY

D. TAEKWONDO HISTORY

Fitness

(Seniors) 30 Push Ups.

(Juniors) 20 Push Ups.

(Seniors) 30 Sit Ups.

(Juniors) 20 Sit Ups.

(Seniors) 30 Continuous Roundhouse Kicks on to a pad
for each leg.

(Juniors) 20 Continuous Roundhouse Kicks on to a pad
for each leg.

Please Note: Examiners Discretion may be exercised.