

# Koryo Taekwondo Centre

## GRADING SYLLABUS

YELLOW 1 Stripe (9<sup>th</sup> Gup) to YELLOW 2 Stripes (8<sup>th</sup> Gup)

### **PART 1**

#### **STRIKING TECHNIQUES IN HORSE RIDING STANCE**

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

- A. KNIFE HAND STRIKE TO THE SIDE OF THE NECK
- B. UPRIGHT SPEARHAND
- C. PALM HEEL STRIKE TO THE CHIN
- D. KNUCKLE PUNCH
- E. ELBOW STRIKE TO THE SIDE OF THE FACE
- F. ELBOW STRIKE FOLLOWED BY BACKFIST

### **PART 2**

#### **PUNCHING TECHNIQUES MOVING FORWARD IN FORWARD STANCE**

#### **(5 TIMES EACH SIDE) TURN INTO FORWARD STANCE WITH LOWER BLOCK**

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

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### **PART 3**

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

#### **(5 TIMES EACH SIDE) TURN INTO FORWARD STANCE WITH LOWER BLOCK**

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

### **PART 4**

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

#### **(5 TIMES EACH SIDE) TURN INTO FIGHTING STANCE**

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

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### **PART 5**

#### **FORMS**

- A. BASIC PATTERN
- B. TAEGUK ONE

### **PART 6**

#### **SELF DEFENCE**

- A. ONE WRIST ROLL OR SHOULDER HOLD

### **PART 7**

#### **FREE FIGHTING: OPEN HAND SHOULDER ATTACK ONLY**

- A. ONE TO THREE FIGHTS

#### **Note the following**

- **Parts 1, 2, 3 & 4 are to be completed with Kihap**
- **Move right leg back to go into forward stance**
- **Move right leg back to go into fighting stance**  
**Move left leg forward to go into back stance**