

Koryo Taekwondo Centre

GRADING SYLLABUS

YELLOW 2 Stripes (8th Gup) to YELLOW 3 Stripes (7th Gup)

PART 1

PUNCHING AND BLOCKING TECHNIQUES

MOVING FORWARD IN FORWARD STANCE

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

- A. LOWER BLOCK FOLLOWED BY BODY PUNCH
- B. BODY BLOCK FOLLOWED BY FACE PUNCH
- C. OUTSIDE BODY BLOCK FOLLOWED BY DOUBLE BODY PUNCH
- D. FACE BLOCK FOLLOWED BY DOUBLE BODY PUNCH THEN SINGLE FACE PUNCH

PART 2

STRIKING TECHNIQUES MOVING FORWARD IN FORWARD STANCE

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

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

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PART 3

BLOCKING

(5 TIMES EACH SIDE)

- A. DOUBLE MIDDLE KNIFE HAND BLOCK
IN BACK STANCE
(MOVE LEFT FOOT FORWARD TO START)

PART 4

KICKING TECHNIQUES MOVING FORWARD IN FIGHTING STANCE

(5 TIMES EACH SIDE) TURN INTO FIGHTING STANCE WITH HANDS UP

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

PART 5

FORMS

- A. BASIC PATTERN
B. TAEGEUK ONE
C. TAEGEUK TWO

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PART 6 **SELF DEFENCE**

A. ONE WRIST ROLL FOLLOWED BY A STRIKE

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**
- **Forward Sance, move right leg back**
- **Fighting Stance move right leg back**
- **Back Stance left foot forward**