

# **Koryo Taekwondo Centre**

## **GRADING SYLLABUS**

YELLOW 3 Stripes (7<sup>th</sup> Gup) to BLUE 1 Stripe (6<sup>th</sup> Gup)

### **PART 1**

#### **PUNCHING, KICKING & BLOCKING TECHNIQUES** **MOVING FORWARD IN FIGHTING STANCE. MOVE** **RIGHT LEG BACK TO START** **(5 TIMES EACH SIDE)**

- A. FRONT KICK FOLLOWED BY LOWER BLOCK AND BODY PUNCH
- B. FRONT KICK FOLLOWED BY BODY BLOCK AND FACE PUNCH
- C. FRONT KICK FOLLOWED BY OUTSIDE BODY BLOCK AND DOUBLE BODY PUNCH
- D. FRONT KICK FOLLOWED BY MINOR BODY BLOCK, DOUBLE BODY PUNCH AND SINGLE FACE PUNCH

Note: A, B, C & D should all be completed in Fighting Stance including the turn.

# **Koryo Taekwondo Centre**

## **GRADING SYLLABUS**

YELLOW 3 Stripes (7<sup>th</sup> Gup) to BLUE 1 Stripe (6<sup>th</sup> Gup)

### **PART 2**

#### **BLOCKING TECHNIQUES MOVING LEFT FOOT FORWARD IN BACK STANCE** **(5 TIMES EACH SIDE)**

- A. DOUBLE MIDDLE KNIFE HAND BLOCK
- B. DOUBLE LOWER KNIFE HAND BLOCK
- C. DOUBLE MIDDLE BLOCK
- D. DOUBLE LOWER BLOCK

### **PART 3**

#### **MOVE LEFT LEG FORWARD INTO HORSE RIDING STANCE START (5 TIMES EACH SIDE)**

- A. SIDE MIDDLE PUNCH MOVING FORWARD IN HORSE RIDING STANCE

### **PART 4**

#### **KICKING TECHNIQUES IN POSITON USING FIGHTING STANCE**

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

- A. CRESENT KICK (OUTSIDE TO INSIDE)
- B. HAMMER KICK (INSIDE TO OUTSIDE)
- C. TURNING SIDE KICK
- D. CHANGE FEET FRONT KICK
- E. CHANGE FEET ROUNDHOUSE KICK

Note: For D & E draw kicking leg to the rear so that the next kick is done with the opposite leg.

# **Koryo Taekwondo Centre**

## **GRADING SYLLABUS**

YELLOW 3 Stripes (7<sup>th</sup> Gup) to BLUE 1 Stripe (6<sup>th</sup> Gup)

### **PART 5**

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

#### **MOVE RIGHT LEG BACK TO START.**

#### **TURN INTO FIGHTING STANCE**

#### **(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. CRESENT KICK (OUTSIDE TO INSIDE) USING BACK LEG FOLLOWED BY TURNING 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, the rear foot should past the back of the leading foot whilst moving forward.

# **Koryo Taekwondo Centre**

## **GRADING SYLLABUS**

YELLOW 3 Stripes (7<sup>th</sup> Gup) to BLUE 1 Stripe (6<sup>th</sup> Gup)

### **PART 6**

### **FORMS**

- A. BASIC PATTERN
- B. TAEGUK ONE, TWO & THREE

### **PART 7**

### **SELF DEFENCE**

- A. 2 WRIST ROLLS EACH FOLLOWED BY A STRIKE OR LOCK

### **PART 8:**

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

- A. ONE TO THREE FIGHTS

### **Note the following**

- **Parts 1,2,3,4 & 5 are to be completed with Kihap.**