

Koryo Taekwondo Centre

GRADING SYLLABUS

BLUE 2 Stripes (5th Gup) to BLUE 3 Stripes (4th Gup)

PART 1

(TIME LIMIT ONE AND A HALF MINUTES)

- A. ALL BASIC PUNCHING, BLOCKING AND STRIKING TECHNIQUES IN HORSE RIDING STANCE

PART 2

BLOCKING TECHNIQUES MOVING FORWARD IN FORWARD STANCE RIGHT LEG BACK TO START (5 TIMES EACH SIDE)

- A. SWALLOW STRIKE TO THE NECK (JEBI PUM MOK CHIGI)
B. SWALLOW STRIKE TO THE CHIN (JEBI PUM TOK CHIGI)
C. SCISSORS BLOCK (GAWI MAKGI)

PART 3

BLOCKING TECHNIQUES MOVING LEFT LEG FORWARD INTO BACK STANCE TO START

(5 TIMES EACH SIDE)

- A. MINOR BODY BLOCK AND FACE BLOCK TOGETHER (KUM GUM MONTONG MAKGI)

Note: With Jebi Pum Mok Chigi the striking hand should start from the hip and follow the same movement as Knife Hand Strike to the Neck.

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PART 4

KICKING TECHNIQUES ON THE SPOT.

MOVE RIGHT LEG BACK INTO FIGHTING STANCE TO START

ALL KICKS TO COMPLETED 5 TIMES ON EACH LEG

- A. JUMPING FRONT KICK
- B. JUMPING ROUNDHOUSE KICK
- C. STEPPING FORWARD WITH TURNING SIDE KICK
- D. STEPPING FORWARD WITH SPINNING HEEL KICK.
- E. STEPPING FORWARD WITH TURNING ROUNDHOUSE KICK
- F. FRONT KICK FOLLOWED BY CHANGING FEET THEN HAMMER KICK WITH THE OPPOSITE LEG
- G. SIDE KICK FOLLOWED BY TURNING SIDE KICK
- H. ROUNDHOUSE KICK FOLLOWED BY SPINNING HEEL KICK
- I. ROUNDHOUSE KICK FOLLOWED BY SPINNING HOOK KICK

Note: With D & I, the kicking leg is returned to its starting position so that it can be used to step forward allowing the opposite leg to do the next kick

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PART 5

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

- A. VARIOUS KICKING TECHNIQUES MOVING FORWARD IN FIGHTING STANCE

PART 6

(INSTRUCTOR LEFT HAND SIDE ATTACKS FIRST)

- A. THREE STEP EXERCISE

Note: Kihap with every third face punch

PART 7

FORMS

- A. TAEGUK ONE, TWO, THREE, FOUR & FIVE
- B. PALGAE ONE & TWO (SENIORS ONLY) 15 YEARS & ABOVE

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PART 8

SELF DEFENCE

- A. 2 WRIST ROLLS - EACH USING A STRIKE WITH A SWEEP OR THROW
- B. 2 SHOULDER HOLDS - EACH USING A STRIKE WITH A SWEEP OR THROW

PART 9

FREE FIGHTING

- A. ONE TO THREE FIGHTS

PART 10

BREAKING TECHNIQUES

(14 YEARS AND YOUNGER JUNIOR BOARDS)

(15 TO 17 INTERMEDIATE BOARDS)

(18 AND ABOVE SENIOR BOARDS)

Note: Consideration may be given to females

- A. ANY FOOT TECHNIQUE - ONE BOARD (ONE ATTEMPT ONLY)
- B. ANY HAND TECHNIQUE - ONE BOARD (ONE ATTEMPT ONLY)

Note the following

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