

# Koryo Taekwondo Centre

## GRADING SYLLABUS

BLUE 3 Stripes (4<sup>th</sup> Gup) to Red 1 Stripe (3<sup>rd</sup> Gup)

### PART 1

#### KICKING TECHNIQUES ON THE SPOT IN FIGHTING STANCE

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

- A. JUMPING TURNING SIDE KICK
- B. JUMPING SPINNING HEEL KICK
- C. JUMPING FORWARD WITH TURNING SIDE KICK

### PART 2

#### KICKING TECHNIQUES MOVING FORWARD IN FIGHTING STANCE

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

- A. SLIDING SIDE KICK FOLLOWED BY TURNING SIDE KICK
- B. SLIDING FRONT KICK FOLLOWED BY HAMMER KICK WITH SAME LEG
- C. SLIDING ROUNDHOUSE KICK FOLLOWED BY SPINNING HEEL KICK
- D. SLIDING ROUNDHOUSE KICK FOLLOWED BY SPINNING HOOK KICK

Note: Do not step forward when performing Sliding Kicks.  
Slide forward.

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### **PART 3**

#### **(3 TIMES EACH) RIGHT LEG BACK TO START**

- A. VARIOUS KICKING, PUNCHING AND STRIKING TECHNIQUES MOVING FORWARD IN FIGHTING STANCE

### **PART 4**

#### **(INSTRUCTOR LEFT HAND SIDE TO ATTACKS FIRST)**

- A. THREE STEP EXERCISE  
Note: Last attacking action is with Kihap

### **PART 5**

#### **(INSTRUCTOR LEFT HAND SIDE TO ATTACKS FIRST)**

#### **NOTE: ALL MOVEMENTS ARE IN FIGHTING STANCE**

- A. ONE STEP EXERCISE  
Note: Last attacking action is with Kihap

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### **PART 6**

### **SELF DEFENCE**

- A. ONE DEFENCE AGAINST A KNIFE ATTACK (DOWNWARD STRIKE)
- B. ONE DEFENCE AGAINST A CLUB ATTACK (SIDE STRIKE, OUTSIDE TO INSIDE)
- C. FOUR TECHNIQUES OF OWN CHOICE WITH OR WITHOUT WEAPONS

### **PART 7**

### **FORMS**

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

### **PART 8**

### **FREE FIGHTING**

- A. THREE FIGHTS

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### **PART 9**

#### **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. SLIDING KICK - ONE BOARD  
ONE ATTEMPT ONLY
- B. FLYING SIDE KICK or JUMPING KICK TWO  
BOARDS TWO ATTEMPTS
- C. ANY HAND STRIKE - ONE BOARD  
ONE ATTEMPT ONLY

### **PART 10**

#### **TERMINOLOGY**

- A. KOREAN TERMS FOR BASIC PUNCHES AND  
BLOCKS

#### **Note the following**

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