

# Koryo Taekwondo Centre

Grading Syllabus for 6<sup>th</sup> Dan 7<sup>th</sup> Dan

The tasks below are a minimum requirement only.

## **Poomsae:**

Juniors & Seniors: All Taeguek & Palgwae Forms plus Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, & Chonk-Kwon.

## **Yaksok Kyorugi:**

1. One Step Sparring.
2. Two Step Sparring.
3. Three Step Sparring

## **Kyorugi:**

- 1 on 1 Sparring. (2 Rounds)
- 2 on 1 Sparring. (2 Rounds)

## **Hosinsul:**

1. 1 Step Self Defense.
2. Three different Wrist Techniques. (Own choice)
3. Two different Strangulation. (Own choice)
4. Three Club Attacks. (Own choice)
5. Three Knife Attacks. (Own choice)
6. Nine Self Defense. (Own Choice)
7. Demonstrate Hip Throw.
8. Demonstrate Sweep.

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1st January 2012

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### **Kyukpa:**

Senior: Combination break 4 different targets.  
(Own Choice)

Junior: Combination break 4 different targets.  
(Own Choice)

### **Theory:**

1. Terminology for Poomsae Chon-Kwon.
2. Poomsae application.
3. General Knowledge.
4. History.
5. Etiquette.
6. 6000 word Essay.

### **Fitness**

30 Push Ups. (Seniors)

20 Push Ups. (Juniors)

30 Sit Ups. (Seniors)

20 Sit Ups. (Juniors)

30 Continuous Roundhouse Kicks on to a pad for each leg.  
(Seniors)

20 Continuous Roundhouse Kicks on to a pad for each leg.  
(Juniors)

**Please Note: Examiners Discretion may be exercised.**

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