



Grading Syllabus - 5th Kup (Blue stripe) to 4th Kup (Blue belt)

You will be required to perform the following exercises consistently and accuracy as instructed.

1. Sitting Stance Triple Punch
2. Walking Stance Low block, reverse punch
3. Walking Stance knife hand rising block
4. Walking Stance Double forearm block
5. L-Stance kicks (Turning, Side, Axe kicks, forearm guarding block)
6. Pattern: Won-Hyo
7. Pattern: Yul-Gok
8. Other previous patterns
9. Semi-free sparring
10. Padwork various kicks and hand techniques
11. Free sparring

Stances must be of the required distance. Correct weight distribution should be maintained at all times. Particular attention will be paid to both hand positions and body alignment. Confidence and attitude will also be considered during the grading. Techniques from previous gradings could also be required.

Always address the instructor and the grading examiner as "Sir".

You will also be expected to answer up to 5 questions from the following correctly:

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| 60. What is Front kick double punch in Korean? | Ap chagi doo jirugi (App Chagg-ee Doo Jeer-oog-ee). |
| 61. What is hooking block in Korean? | Golcho makgi (Goll-choh Makk-ee) |
| 62. What is elbow strike in Korean? | Palkup Taerigi (Pal-kupp Tair-eeg-ee) |
| 63. What is fixed stance in Korean? | Gojung sogi (Goh-Jung sogg-ee) |
| 64. What is twin knifehand block in Korean? | Sang sonkal makgi (Sang son-kal makk-ee) |
| 65. What is double forearm block in Korean? | Doo palmok makgi (Doo Pal-mock Makk-ee) |
| 66. What is the interpretation of pattern Yul-Gok? | Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38° latitude and the diagram represents scholar. |
| 67. What does the colour blue signify? | Blue signifies Heaven, towards which the plant matures into a towering tree as training in Taekwondo progresses. |
| 68. Any of the previous questions may be asked. | |