



### Grading Syllabus - 4<sup>th</sup> Kup (Blue belt) to 3<sup>rd</sup> Kup (Red stripe)

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

1. Various different combinations from previous gradings
2. Various different combinations relevant to your current grade
3. Semi-free sparring advanced
4. A pattern of your choice
5. Pattern: Yul-Gok (38 moves)
6. Pattern: Joong-Gun (32 moves)
7. Pad work – various hand and foot techniques
8. Free sparring
9. Any combinations from previous gradings

Particular attention will be paid to guard and movement during the sparring elements. Confidence and attitude will also be considered during the grading.

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:

#### Questions

69. Korean for any technique from the pattern Joong-Gun?
70. Korean for any technique relevant to your grade?
71. What is the interpretation of pattern Joong-Gun?

*Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).*

72. What are the benefits in training in taekwondo?

*Any of the following answers are fine: Fitness, self-defence, self-confidence, constructive use of leisure time, provides a sense of achievement. Or put them or other benefits into your own words.*