



Grading Syllabus - 6th Kup (Green belt) to 5th Kup (Blue stripe)

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

1. Sitting stance triple punch (low middle and high)
2. Front leg raising exercise with double block
3. low block, rising block, reverse punch (walking stance)
4. Double side kick into guarding block (L-stance)
5. Front kick double punch (walking stance)
6. Pattern: Won-Hyo (28 moves)
7. Semi-Free sparring (basic)
8. Pad work - turning kicks, Axe kicks, Side kicks, punching
9. Any combinations from previous grading

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.

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

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| 51. What is close ready stance A? | <i>Moa chumbi sogi type A</i> |
| 52. What is inward knife hand strike? | <i>Annuro Sonkal taerigi</i> |
| 53. What is side punch? | <i>Yop jirugi</i> |
| 54. What is fixed stance? | <i>Gojung sogi</i> |
| 55. What is circular block? | <i>Dollo myo makgi</i> |
| 56. What is bending ready stance? | <i>Goburyo sogi</i> |
| 57. What is the interpretation of pattern Won-Hyo? | |

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

58. What does the colour Green signify?

Signifies the plant's growth as the Taekwondo skill begins to develop.

59. Name all the hand attacks you know in Korean?

Punch (Jirugi), knifehand (Sonkal), backfist (Dung joomuk), fingertip thrust (Sonkut tulgi).