



Grading Syllabus - 2nd Kup (Red belt) to 1st Kup (Black 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. One step sparring
5. A pattern of your choice
6. A number of patterns of examiners choice
7. Pattern: Toi-Gye (37 moves)
8. Pattern: Hwa-Rang (29 moves)
9. Pad work – various hand and foot techniques
10. Free sparring
11. Any combinations/patterns 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

77. Korean for any technique from the pattern Hwa-Rang?
78. Korean for any technique relevant to your grade?
79. What is the interpretation of pattern Hwa-Rang?

Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.

80. What does the colour Red signify?

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.