



Grading syllabus

INSPIRE TAEKWONDO

For Promotion to 8th kup yellow belt.



- **10 press ups + 10 squat thrusts**

- **Sitting stance single punch x 10**
- *Joochoom seogi momtong jiruegi*

- **Moving forward and backward**

- **Long stance Low block x 10**
- *Apkubi seogi / arri makki*
- **Long stance outer middle block x 10**
- *Apkubi seogi / momtong makki*
- **Long stance high block x 10**
- *Apkubi seogi / oogul makki*
- **Long stance spreading block**

- **Moving forward then turning around**

- **Short stance front kick 10 each leg**
- *Ap seogi ap chagi*
- **Short stance angled front kick 10 each**
- *Ap seogi bit chagi*
- **Short stance pushing kick 5 each leg**
- *Ap seogi miro chagi*
- **Long stance rising kick spread block**
- *Ap seogi ap cha olligi chagi*

- **Taeguek Il Jang (1)**
- *Heaven and light 18 moves (keon)*

- **Sparring / self defence/ theory**

- **One step sparring 4 hand techniques**
hanbon kyorougi
- **One for one sparring (various techniques)**
- **Free sparring (light touch contact with control)**

- **Theory (any from previous techniques)+**

- **Counting to Ten**
- *Hana, dool, set, net, dasut, yasut, ilkop, yadul, ahop, yul*
- *Training hall dojang*
- **Taekwondo Tenets**
- **Etiquette, modesty, perseverance**
- **Self control, indomitable spirit**

- **Meaning of Taekwondo,**

- (art of hand and foot fighting)
- *Candidates presenting for promotion must be fully conversant with all of the above and have satisfied the required attendances,*

- **ILYO KWAN TAEKWONDO**
the North west's premier Taekwondo association

For Promotion to 7th kup yellow belt green tag.



- **10 press ups + 10 squat thrusts 10 knees to chest**

- **Sitting stance double punch x 10**

- *Joochoom seogi momtong jiruegi*

- **Moving forward and backward**

- **Long stance Low block rev punch x 10**

- *Apkubi seogi / arri makki, bandae momtong jiruegi*

- **Long stance outer mid block rev punch x10**

- *Apkubi seogi / bakat momtong makki, momtong jiruegi*

- **Long stance high block reverse punch x 10**

- *Apkubi seogi / oogul makki*

- **Short stance inner mid block**

- *Ap seogi, an momtong makki*

- **Moving forward then turning around**

- **Short stance front kick 5 each leg**

- *Ap seogi ap chagi*

- **Short stance angled front kick 5 each**

- *Ap seogi bit chagi*

- **Short stance turning kick 6 each leg**

- *Ap seogi dollyo chagi*

- **Short stance side kick 6 each leg**

- *Ap seogi dwi chagi*

- **Short stance axe kick**

- *Ap seogi chiggi chagi*

- **Poomsae**

- **Taeguek Ee Jang (2) + Il Jang**

- *Joyfulness 18 moves (Tae)*

- **Sparring / self defence/ theory**

- **One step sparring 6 hand techniques**

- *hanbon kyorougi*

- **One for one sparring (various techniques)**

- **Free sparring (light touch contact with control)**

- **Destruction. (kyupka)**

- *Pushing kick or choice*

- **Theory (any from previous techniques)+**

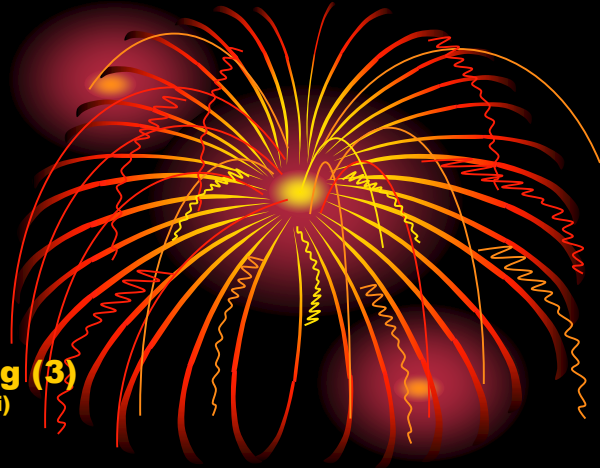
- *WTF Headquarters (kukkiwon)*

- *Uniform (dobok), Belt (tee) training hall (dojang)*

- ***Candidates presenting for promotion must be fully conversant with all of the above and have satisfied the required attendances,***

- **ILYO KWAN TAEKWONDO**
the North west's premier Taekwondo association

For Promotion to 6th kup Green belt.



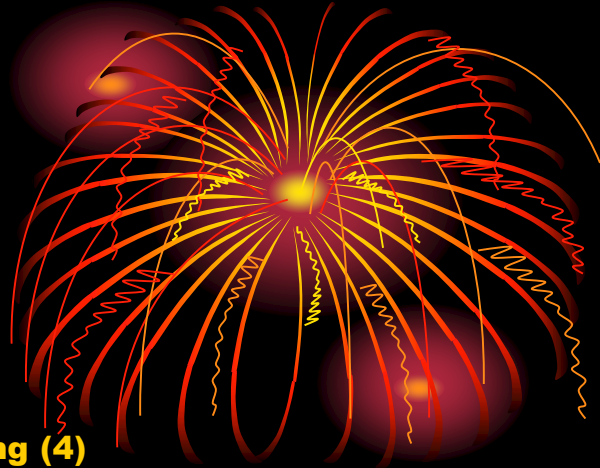
- **10 press ups 10 star squats**
- **Sitting stance knife hand strike x10**
Joocoom seogi Sonnal chigi
- **Sitting stance knifehand low block 10**
- **Moving forward then backwards x 5**
- **Back stance low knife hand block**
Dwi seogi arri sonnal makki
- **Back stance outer knife mid block**
Dwi seogi bakat momtong sonnal makki
- **Back stance outer knifehand strike**
Dwi seogi bakat oogul sonnal chigi
- **Long stance inner knifehand strike**
Dwi seogi an sonnal chigi
- **Moving forward then turning round**
- **Back stance turning kick**
Dwi Seogi dollyo chagi
- **Back stance side kick** (yeop chagi)
- **Short stance axe kick** (chigi chagi)
- **Back stance back kick** (dwi chagi)
- **Any techniques from previous grading**

- **Poomsae**
- **Taeguek sam jang (3)**
Fire and sun 20 moves (Ri)
- **Taeguek Ee (2)**
- **Sparring , destruction , theory, self defence**
- **One step sparring 4 x foot techniques**
Han bon kyorougi
- **Self defence, release from wrist grab**
- **One for one sparring with speed**
- **Free sparring with control.**
- **Destruction test**
- **(Foot)Turning kick or side kick**
- **(hand) candidate choice**
- **Theory, from this or previous gradings**
- **Body protector (hoogoo)**

• *Candidates will be informed when they are ready to take the next grading*
 • *Candidates presenting for promotion must be fully conversant with all of the above and have satisfied the required attendances,*

• **ILYO KWAN TAEKWONDO**
the North west's premier Taekwondo association

For Promotion to 5th kup Green belt blue tag.



- *This is the halfway point to black belt all basic techniques must be of an acceptable standard, the candidate shall show good positive mental attitude, be focused and all actions should have good martial art spirit*

- **20 press ups 10 star squats 10 knees up**

- **Moving forward then backwards x 5**

- **Back stance double low knife hand block**

- *Dwi seogi arri sonnal makki*

- **Back stance double outer knife mid block**

- *Dwi seogi bakat momtong sonnal makki*

- **Back stance outer knifehand strike**

- **followed by reverse punch in long stance**

- *Dwi seogi bakat oogul sonnal chigi , apkoobi seogi momtong jireuig*

- **Long stance wedging block**

- *Heyco makki*

- **Moving forward then turning round**

- **Back stance turning kick**

- *Dwi Seogi dollyo chagi*

- **Back stance side kick (yeop chagi)**

- **Back stance step back kick (dwi chagi)**

- **Back stance hooking kick (hooryo chagi)**

- **2 Kick attacking combination**

- **Any techniques from previous grading**

Poomsae

Taeguek Sah jang (4)

Thunder 20 moves (seon)

+ Instructors choice of poomsae

Sparring, self defence, destruction

One for one 2 separate opponents

Free sparring 2 separate opponents

One step minimum 6 foot techniques

Destruction

Same kick both legs examiners choice

Hand technique candidate choice

Self defence

Release from collar grab front only

Theory

Any from previous gradings

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with all of the above and have satisfied the required attendances,*

ILYO KWAN TAEKWONDO

the North west's premier Taekwondo association

For Promotion to 4th kup Blue belt .



- **20 push ups 10 squats 10 star squats**

- **Moving forward then backwards x 5**

- **Long stance scissor block** (gawi makki)

ap koobi or Dwi koobi seogi all previous makki, Oogul, momtong, arri, sonnal,

- **Moving forward then turning round**

- **All previous chagi,**

- *Ap seogi ap chagi, ap seogi bee chagi, ap seogi miro chagi, ap seogi chigi chagi Dwi Seogi dollyo chagi, dwi seogi yeop chagi, Dwi seogi dwi chagi, dwi seogi hooryo chagi,*

- **moving forward and backward**

- *Ap koobi seogi momtong jiruegi, apkoobi an sonnal chigi dwi koobi seogi bakat sonnal chigi*

- **2 Kick attacking combination**

- **Any techniques from previous grading all commands in Korean**

- **Poomsae**

- **Taeguek oh jang (5)**

- Thunder 20 moves (seon)

- **+ Instructors choice of poomsae**

- **+ candidates choice of Poomsae**

- **Sparring, self defence, destruction**

- **One for one 2 separate opponents**

- **Free sparring 2 separate opponents**

- **One step minimum 3 hand, 3 foot +3 hand and foot techniques**

- **Destruction**

- **Foot technique examiners choice**

- **Hand technique examiners choice**

- **Jumping kick, head height your choice**

- **Self defence**

- **Release from collar grab front only, release from two handed wrist or collar grab**

- **Theory**

- **Any from previous gradings**

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- *Candidates presenting for promotion must be fully conversant with all of the above and have satisfied the required attendances,*

- **ILYO KWAN TAEKWONDO**

- **the North west's premier Taekwondo association**

For Promotion to 3rd kup

Blue belt red tag



- **20 push ups, 20 squats 10 sit ups**

- **Moving forward and backwards**

- Long stance palm heel strike batangson chigi
- Back stance double knife hand mid and then low.
- Long stance X fist block
- Long stance jebi poom action rev strike

- **Moving forward then turning around**

- Back stance side kick
- Back stance spinning hook kick
- Back stance jump front kick
- Back stance back step turning kick
- Back stance inner or outer crescent kick
- 3 kick combination

- **Poomsae**

- Taeguk yuk jang 6 (water 23) gan
- Candidates choice , examiners choice

- **Self defence**

- Release from hand or collar grabs

- **Sparring**

- One step 6 foot techniques 4 hand & foot
- One for one
- Free sparring

- **Destruction**

- Backfist or palm heel examiners choice
- Back kick

- **Theory**

- Any from previous gradings

- *Candidates will be informed when they are ready to take the next grading Candidates presenting for promotion must be fully conversant*
- *with all of the above and have satisfied the required attendances,*

- **ILYO KWAN TAEKWONDO**

- the North west's premier Taekwondo association

For Promotion to 2nd kup Red belt.



- **30 press ups 20 squats 10 star squats**
- **Poomsae,**
- **Taeguek chill Jang**
- Mountain 25 moves (gan)
- **Taegueks il, sam, oh, jang**
- **Moving forward and backward 5each**
- **Tiger stance palm heel block**
- *Beom seogi, batangson makki*
- **Long stance spear hand strike**
- *Apkoobi seogi, pyonsonkut chigi*
- **Long stance reverse ridge hand strike**
- **Long stance reverse uppercut**
- *Apkoobi seogi, teok chigi*
- **Back stance turning kick**
- **Back stance double side kick**
- **Side kick elbow strike**
- **Crescent kick target strike** (bandal chagi)
- **Double jump front kick** (dobaldangsang chagi)

Sparring, self defence, destruction

One for one on the spot
one for one moving around
Free sparring x 2
One step hand and foot

Self defence

Release from hand or collar grab

Destruction

Flying or jumping side kick, head height
Suspended break ,
ridge hand strike or spinning hook kick
Examiners choice

Theory

WTF Poomsae rules and examination
Any previous

ILYO KWAN TAEKWONDO

the North west's premier Taekwondo association

For Promotion to 1st kup Red belt black tag.



- **Minimum time from 2nd kup is 6 months**

- **Poomsae**

- Taeguek Pal jang (earth 24, Gon)
- Taeguek Ee, Sah, Yuk, jang

- **Moving forward and backward**

- Back stance twin forearm block
- Sitting stance mountain block
- Back stance spinning backfist
- Choice of block strike in Korean

- **Moving forward and turning around**

- Back stance, Turning kick
- Back stance double side kick
- Back stance jump turning kick
- Back stance 360 turning kick
- Back stance back kick
- Back stance jump back kick
- Back stance spinning hook kick

- **ILYO KWAN TAEKWONDO**

- **Sparring**

- One for one on the spot
- One for one moving around
- One for one jump kicks only
- Two for two
- One step sparring all
- Free sparring + 2 on 1 sparring

- **Destruction**

- 2 directional break , candidate choice
- Slip spin back or hook kick
- Both hands different technique

- **Fitness**

- 50 star squats

- **Theory**

- **WTF Kyorougi rules, + any previous**

- *This is the final hurdle before black belt all basic techniques must be of a superior standard, the candidate shall show good positive mental attitude, be focused and all actions should have good martial art spirit.*