



# KUP GRADING

## SYLLABUS

### 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 attendance



# KUP GRADING

## SYLLABUS

### 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 x 10

***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***

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# KUP GRADING

## SYLLABUS

### 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**

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# KUP GRADING

## SYLLABUS

## 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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# KUP GRADING

## SYLLABUS

## 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 gradings

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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# KUP GRADING

## SYLLABUS

### 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

***Taeguek 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

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# KUP GRADING

## SYLLABUS

## 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 5 each

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

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# KUP GRADING

## SYLLABUS

# FOR PROMOTION TO 1ST KUP – RED BELT BLACK TAG.

Minimum time from 2nd kup is 6 months

Poomsae

*Taeguek Paljang (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

### 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

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