



GRADING SYLLABUS DRAGONFLIES 2015

WHITE

10th to 9th Gup

YELLOW 1

STANCE	TECHNIQUE	NOTES
SELF DEFENCE (ADULT / STRANGER)	Defence: Scream, Kick, Strike, Bite, Escape	<i>Practical Demonstration</i>
SELF DEFENCE (PEERS)	Verbal Warning: "Stop, I don't like it". OR "STOP – NO BULLYING" Release & Escape (lapel grab – body block) Release & Escape from single wrist grab	<i>Practical Demonstration</i>
FIGHTING STANCE	Jab, Cross Eye Thrust (fingers)	<i>Practical Demonstration</i>
GROUND WORK	Basic Roll (head must not touch ground) Basic Back Break fall	<i>Practical Demonstration</i>
KICKING	Front Kick Roundhouse Kick	<i>Practical Demonstration</i>
GENERAL	Hopping Skipping	<i>At instructors discretion</i>
TERMINOLOGY	Students approach Examiner	<i>Perform actions as directed</i>
SPARRING	No contact 2 x 30 second rounds	<i>Appropriate participation</i>

Terminology

<i>Charyot</i>	Attention
<i>Kyong-yeah</i>	Bow
<i>Jumbi</i>	Ready
<i>Dora</i>	Turn
<i>Sabonim</i>	Instructor
<i>Subonim-geh</i>	Face instructor
<i>Bali</i>	Hurry

STANCE	TECHNIQUE	NOTES
SOCIAL AWARENESS	Participate actively in a team event	<i>Practical Demonstration</i>
SELF DEFENCE (PEERS)	1.Verbal Warning: "Stop, I don't like it". OR "STOP – NO BULLYING" 2.Release & Escape (lapel grab – body block) 3. Release, Repulse, Escape (as per 2. with double handed push – solar plexus & chest)	<i>Practical Demonstration</i>
SELF DEFENCE (ADULT / STRANGER)	Defence: Scream, Strike/Kick, Escape	<i>Practical Demonstration</i>
FIGHTING STANCE	Eye thrust (fingers) Jab, Cross, Roundhouse kick Palm heel to chin Spear Finger thrust to neck	<i>Practical Demonstration</i>
STANCES	Walking Stance (short) Long Stance	
GROUND WORK	Basic Roll (head must not touch ground) Basic Back Break fall	<i>Practical Demonstration</i>
KICKING	Front Kick Roundhouse Kick Jump Front kick	<i>Practical Demonstration</i>
GENERAL	Hopping, Skipping, Twisting, Slam dunks	<i>At instructors discretion</i>
TERMINOLOGY	Students approach Examiner	<i>Perform actions as directed</i>
SPARRING	No contact 3 x 30 second rounds	<i>Appropriate participation</i>

Terminology (includes all previous materials)

<i>Jireugi Jumbi</i>	Fighting Stance
<i>Jeja</i>	Student
<i>Honcho</i>	Sit
<i>Gunnun</i>	Walking
<i>Dobok</i>	Uniform
<i>Baliwa</i>	Hurry come here
<i>Balika</i>	Hurry go away
<i>E-sahn</i>	Class dismissed

YELLOW 2**8th to 7th Gup****Yellow 3**

STANCE	TECHNIQUE	NOTES
SELF DEFENCE (ADULT / STRANGER)	Defence: Scream, Kick, Strike, Bite, Escape (must use accuracy on targets & escape)	<i>Practical Demonstration</i>
SOCIAL AWARENESS	Participate actively in a team event	<i>Practical Demonstration</i>
SELF DEFENCE (PEERS)	1. Includes previous grading materials 2. Aggressive lapel grab (imminent strike defence) – Palm to chin, takedown. • Identify specific targets on attacker (eyes, nose, chin, neck, solar plexus)	<i>Practical Demonstration</i>
FIGHTING STANCE	Jab, Cross, Roundhouse kick Palm heel to chin Knife thrust to neck Elbow (vertical)	<i>Practical Demonstration</i>
STANCES	Walking Stance, Long Stance, Horse riding stance.	<i>Able to demonstrate difference</i>
GROUND WORK	Taekwondo Roll Backward Breakfall Wrestling – superiority	<i>Practical Demonstration</i>
KICKING	Front, side, jump front kick, 360* roundhouse	<i>Practical Demonstration</i>
BLOCKING	Low block, Face Block	<i>At instructors discretion</i>
GENERAL	Includes previous grading materials. Side2Side, Twisting Bowling Balls, Slam dunks Star jumps (front & side)	<i>At instructors discretion</i>
TERMINOLOGY	Students approach Examiner	<i>Perform actions as directed</i>
SPARRING	Light contact 3 x 30 second rounds	<i>Appropriate participation</i>

Terminology (includes all previous materials)

ONE	HANA
TWO	DUL
THREE	SET
FOUR	NET
FIVE	DASOT
SIX	YASOT
SEVEN	ILGOLP
EIGHT	YODOLP
NINE	AHOP
TEN	YOL

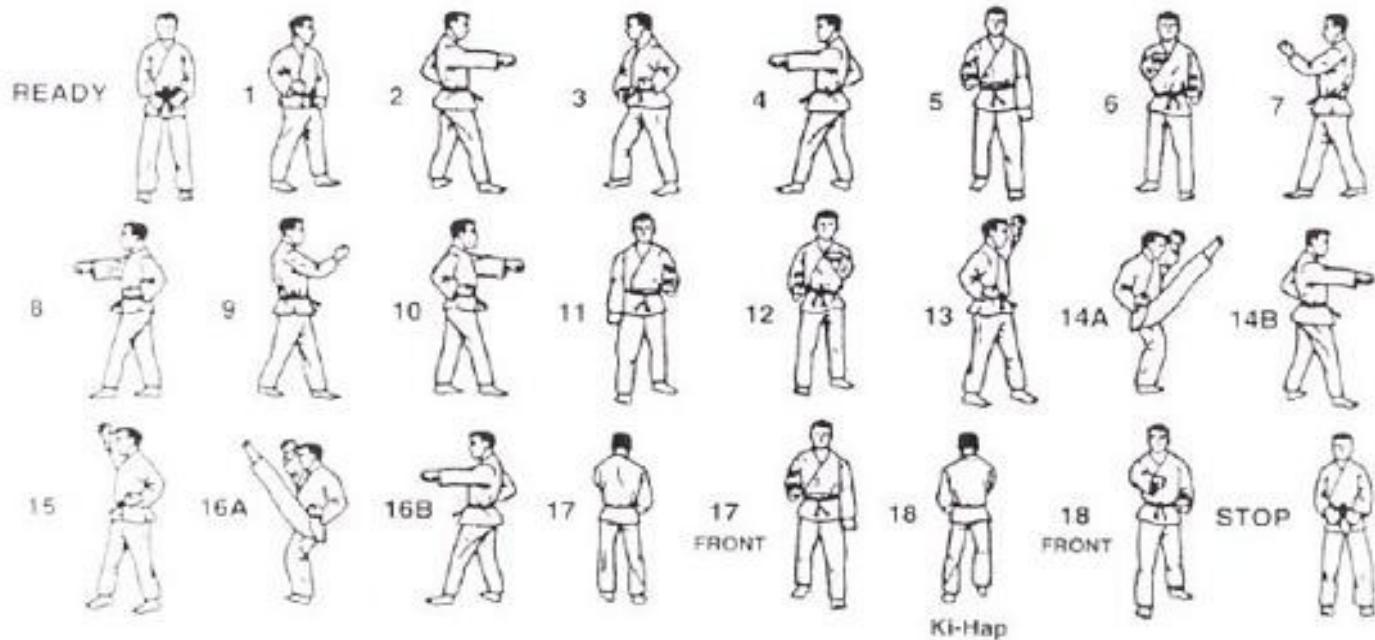
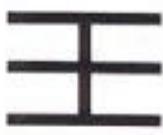
Yellow 3**7th Gup Transition LD****Blue Belt**

STANCE	TECHNIQUE	NOTES
SELF DEFENCE (ADULT / STRANGER)	As previous	<i>Practical Demonstration</i>
SOCIAL AWARENESS	Able to lead in group activity	<i>Practical Demonstration</i>
SELF DEFENCE	One step A (4 of)	<i>Practical Demonstration</i>
FIGHTING STANCE	As previous Knife strike to neck Back fist (side) Hammer Fist	<i>Practical Demonstration</i>
STANCES	As previous Backstance	Able to demonstrate difference
GROUND WORK	As previous Rear Leg Sweep take down Forward Roll + side breakfall	<i>Practical Demonstration</i>
KICKING	As previous Front kick, jump front kick Roundhouse + 360* Round house Combination (2 kicks)	<i>Practical Demonstration</i>
BLOCKING	Low block, Face Block, Body Block Outer Block,	<i>At instructors discretion</i>
GENERAL	As previous Identify left from Right consistently	<i>At instructors discretion</i>
PATTERN	Basic Pattern	<i>Perform actions as directed</i>
	Taeguk One (Il Jang)	
TERMINOLOGY	Students approach Examiner	<i>Perform actions and respond verbally as directed</i>
SPARRING	Light contact 3 x 60 second rounds	<i>Appropriate participation</i>

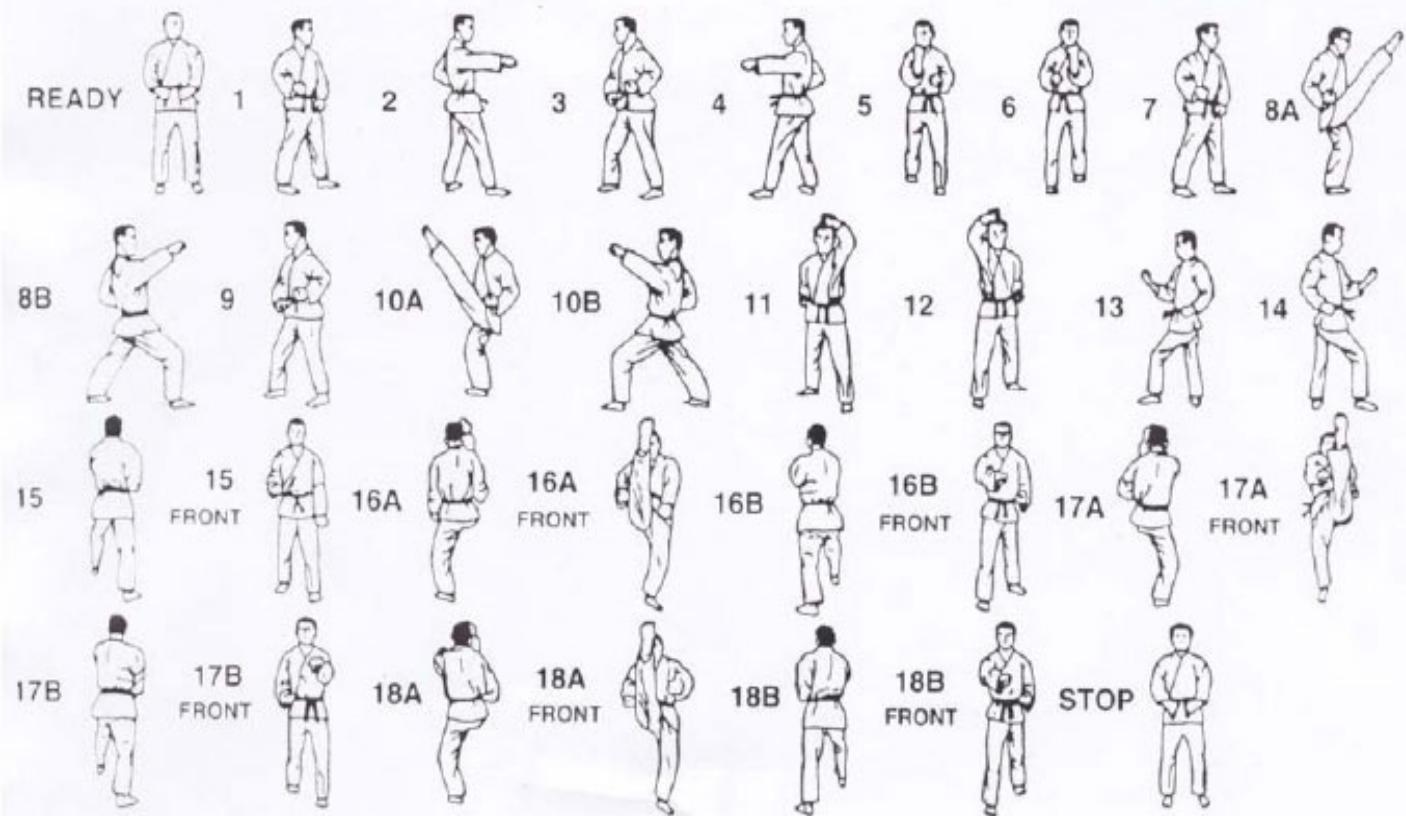
Terminology (includes all previous materials)

<i>Sabomnim</i>	Instructor	<i>Arae-makki</i>	Low block
<i>Kwanjangnim</i>	Head Instructor	<i>Momtong-makki</i>	Body block
<i>Dojang</i>	Training hall	<i>Olgul-makki</i>	Face block
<i>Dobok</i>	Uniform	<i>Bakkat makki</i>	Outer block
<i>Maki</i>	Block	<i>Chirugi</i>	Strike
<i>ELEVEN</i>	<i>Yol-hana</i>	<i>TWELVE</i>	<i>Yol-dul</i>
<i>THIRTEEN</i>	<i>Yol-set</i>	<i>FOURTEEN</i>	<i>Yol-net</i>
<i>FIFTEEN</i>	<i>Yol-dasot</i>	<i>SIXTEEN</i>	<i>Yol-yasot</i>
<i>SEVENTEEN</i>	<i>Yol-ilgop</i>	<i>EIGHTEEN</i>	<i>Yol-Yodolp</i>
<i>NINETEEN</i>	<i>Yol-ahop</i>	<i>TWENTY</i>	Sumul

TAEGEUK IL JANG 1



TAEGEUK YI JANG 2



STANCE	TECHNIQUE	NOTES
SOCIAL AWARENESS	Able to lead in group activity	<i>Practical Demonstration</i>
SELF DEFENCE	One step B (4 of)	<i>Practical Demonstration</i>
SELF DEFENCE <i>(Max 4 techniques)</i>	Lapel grab (single & double) – 1 of each Hair Grab (front & behind) – 1 of each Swinging Arm (Haymaker)	<i>Perform with either hand</i>

Single Lapel Grab (Max 2) (practice with opponent grabbing with right hand):

- 1) LH Fan Technique, R spear finger to throat, step back LL (rotate), RH assist - fan technique with takedown.
- 2) RH Palm to chin, RH Fan Technique, R Front Kick to Face, L Knee onto Elbow, Take down & fix.

Double Lapel Grab (Max 2):

- 1) LH over grab opponents left hand, RH strike elbow (elbow break), over the top elbow break & take down.
- 2) Step LL forwards & to side, double knifehand forearm strike, avoid head butt, double ear strike, grapple, R Knee, RL sweep takedown and face punch.

Hair Grab (front) (practice with opponent grabbing with right hand):

- 1) Right hand grab opponents hand, thumb under opponents thumb, turn opponents hand so little finger at top, apply pressure down and forward to activate joint separation.
- 2) RL step back Short Stance, RH grabs attackers hand & LH assists, left elbow on top of opponents elbow & pressure down for elbow break.

Swinging Arm (Haymaker):

Step back LL back stance, outer block @ head height, grasp wrist, LL slide forward to long stance, reverse palm to chin, RH grasp R Shoulder, step R leg behind attackers R Leg & front sweep, rotate arm anticlockwise & shin to elbow (elbow break)

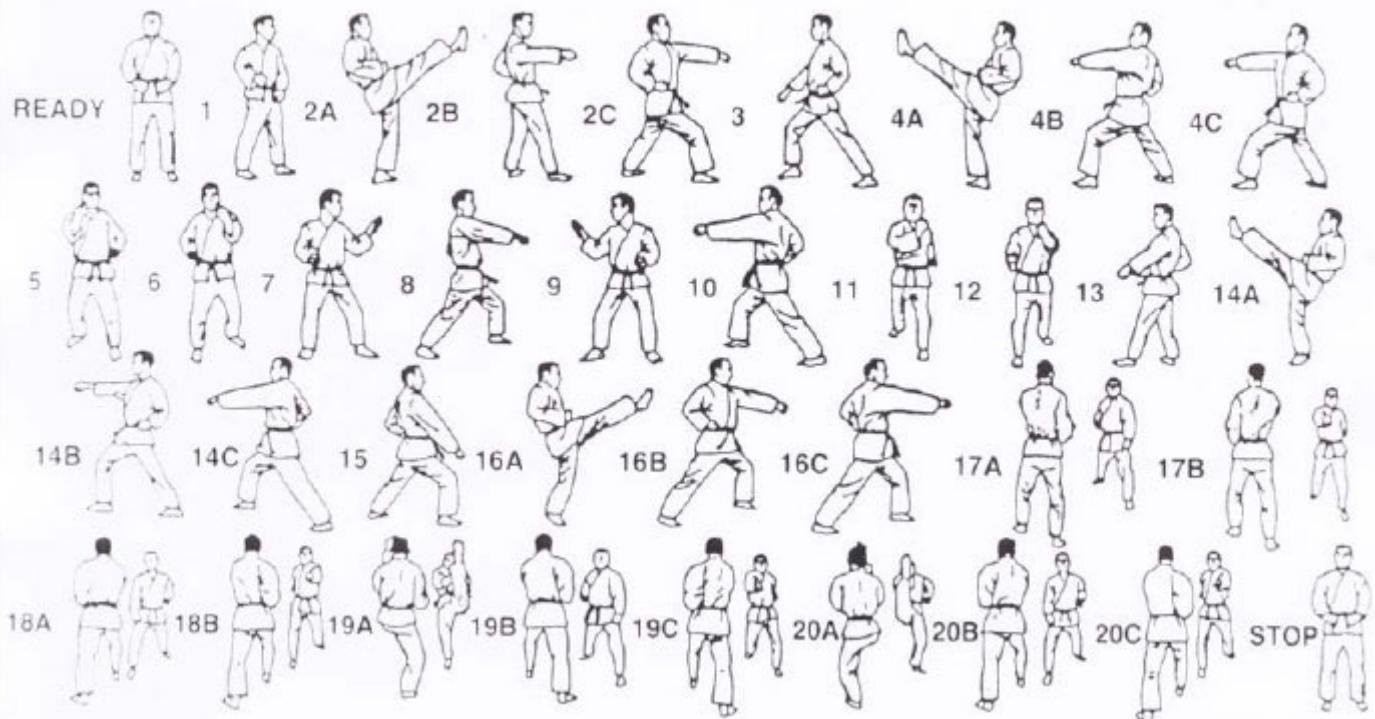
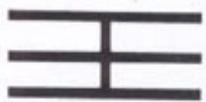
FIGHTING STANCE STRIKE COMBINATIONS	(1), (2), (3), (4) + Jab + Cross + Hook + Elbow + RH kick Front kick, jump front kick 360* Round house Combination (2 kicks)	<i>Practical Demonstration</i>
HORSE STANCE (stationary)	Body, double and triple punch All blocks and strikes from back and long stance.	
BACK STANCE (moving)	Assisting block Side punch (fist vertical & body on side)	Note: Includes all previous
LONG STANCE (moving)	Axe Kick, Side Kick, Outside knife-hand Backfist strike (front downwards) Ridgehand strike Body block + outside knife hand strike (same hand does both)	
BLOCKING	Low, Face, Body, Outer, assisting Block.	<i>At instructors discretion</i>
GROUND WORK	As previous Rear Leg Sweep take down Forward Roll + side break fall Backward break fall + roll	<i>Practical Demonstration</i>
GENERAL	As previous Identify left from Right consistently	<i>At instructors discretion</i>

PATTERNS	Basic Pattern	
	Taeguk One (Il Jang) Taeguk Two (E-jang) Taeguk Three (Sum-Jang)	
SPARRING	Use of combinations in attack Use of step back, kick back. Use of slide back and counter Use of defensive kicks demonstrated as appropriate.	<i>Appropriate participation</i>

Terminology(includes all previous materials)

Annun	Sitting	Anpalmok bakkat makki	Outside minor block
Kieote	Change feet & side	Shiu	At ease (relax)

TAEGEUK SAM JANG 3



Please note the following discrepancies in the diagrams above:

- Stance 2c should be long stance.
- Stances 5, 6, 11 & 12 are short stance.
- Stances in 17, 18, 19 and 20 should all be short stance.