



## GRADING SYLLABUS DRAGONFLIES 2015

**WHITE**

**10<sup>th</sup> to 9<sup>th</sup> 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>Sabomnim</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

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

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>

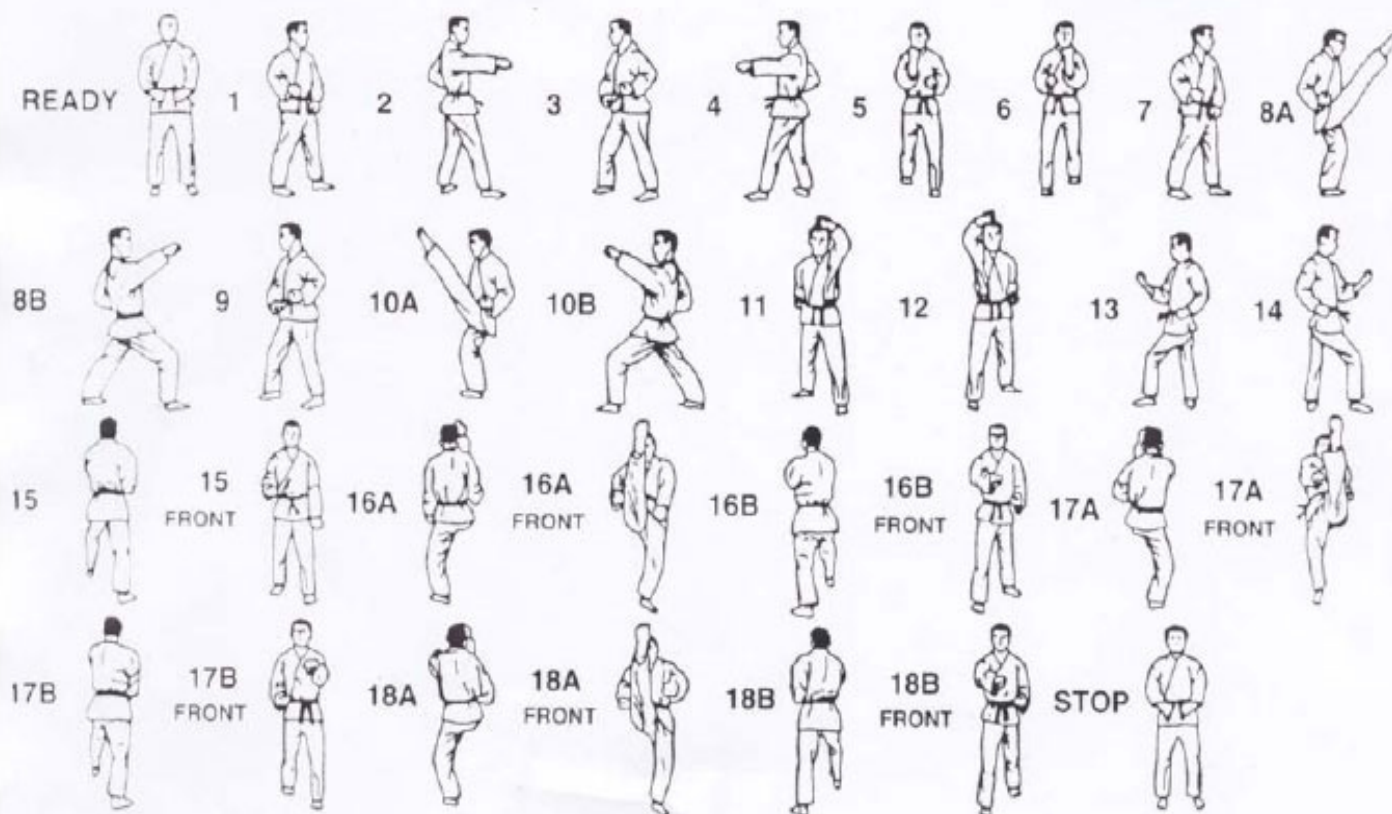
***Terminology (includes all previous materials)***

<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>	Yol-dul
<i>THIRTEEN</i>	<i>Yol-set</i>	<i>FOURTEEN</i>	Yol-net
<i>FIFTEEN</i>	<i>Yol-dasot</i>	<i>SIXTEEN</i>	Yol-yasot
<i>SEVENTEEN</i>	<i>Yol-ilgop</i>	<i>EIGHTEEN</i>	Yol-Yodolp
<i>NINETEEN</i>	<i>Yol-ahop</i>	<i>TWENTY</i>	Sumul

# TAEGEUK IL JANG 1



# TAEGEUK YI JANG 2

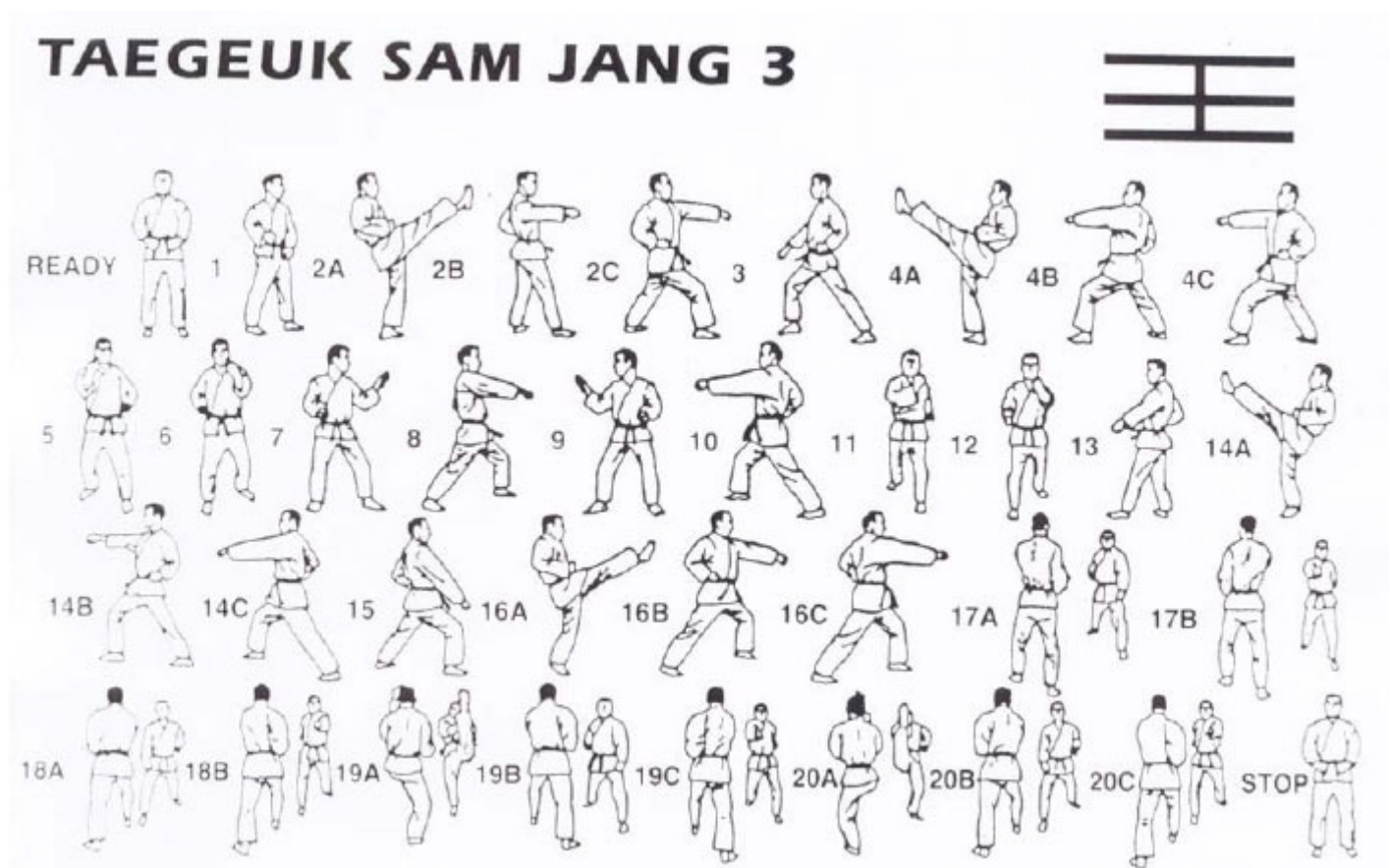


STANCE	TECHNIQUE	NOTES
SOCIAL AWARENESS	Able to lead in group activity	<i>Practical Demonstration</i>
SELF DEFENCE	One step B (4 of)	<i>Practical Demonstration</i>
SELF DEFENCE (Max 4 techniques)	Lapel grab (single & double) – 1 of each Hair Grab (front & behind) – 1 of each Swinging Arm (Haymaker)	<i>Perform with either hand</i>
<b>Single Lapel Grab (Max 2) (practice with opponent grabbing with right hand):</b> 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.		
<b>Double Lapel Grab (Max 2):</b> 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.		
<b>Hair Grab (front) (practice with opponent grabbing with right hand):</b> 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.		
<b>Swinging Arm (Haymaker):</b> 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)***

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



**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.