



## LITTLE WARRIORS (JUNIORS) & SENIORS GRADING SYLLABUS 2015

WHITE	10 <sup>th</sup> Kup to 9 <sup>th</sup> Kup	YELLOW I
<b>STANCE</b>	<b>TECHNIQUE</b>	<b>NOTES</b>
SHORT STANCE	Punching 1 – 2	See “combination sheet - page 3 of syllabus”
HORSE STANCE	Body punch Double punch Triple punch	
FRONT STANCE	Low block Face block Body punch Outside knifehand strike	
BACK STANCE	Body block Outer block	
KICKING (Moving in short stance)	Front Kick Round Kick	
BREAKFALL/ROLL	Forward Roll – martial arts roll	
SELF DEFENCE	Inside catch release – 3 Outside catch release – 5 Neck Grab - 2	<i>Perform with either hand</i>
<b>Neck Grab</b>		
1)	Step back Left leg to back stance, elevate right shoulder (as if protecting jaw), strike/deflect attackers arms with shoulder to release, strike to solar plexus.	
2)	Right Palm to face, fan technique grip on opponents right hand, drop right elbow into attackers left forearm to bend arm, over the top, elbow break.	
<b>Inside Catch Release (3):</b>		
1)	Step Back Left Leg, 45* release – up and across.	
2)	Circulate anticlockwise up and over, step back Left Leg, release with a downward motion.	
3)	Slide back slightly, pull opponent off balance, circulate clockwise, step Right leg forward @ 45*, assisted release.	
<b>Outside Catch Release (5):</b>		
1)	Step forward Right Leg (RL) release 45* Down and across.	
2)	Step forward RL front stance (FS) Vertical release (elbow up to chin)	
3)	Step forward RL, FS, 45* release up and across.	
4)	Step back LL, pull opponent off balance, circulate Right Hand (RH) and step Right Foot (RF) to 90* (left foot follows), release RH.	
5)	Step through with RL, spin, assisted release of RH with LH.	

PATTERNS x 2	Basic pattern - by numbers Basic pattern - own time	
TERMINOLOGY	Students approach Examiner	<i>Basic terminology</i>
SPARRING	No contact 2 x 1.5 minute rounds	

***Fitness Goals for Yellow Belt (to be performed in class – not assessable during gradings)***

- ❖ 10 push ups, 10 sit ups, 10 explosive squats.

***Kibeon Poomsae - Basic Pattern***

Order	Stance	Technique(s)	Korean
1	Front	Low block	Arae-makki
2	Front	Body punch	Momtong bandae-jireugi
3	Front	Low block	Arae-makki
4	Front	Body punch	Momtong bandae-jireugi
5	Front	Low block	Arae-makki
6	Front	Body punch	Momtong bandae-jireugi
7	Front	Body punch	Momtong bandae-jireugi
8	Front	Body punch “ <b>kihap</b> ”	Momtong bandae-jireugi
9	Front	Low block	Arae-makki
10	Front	Body punch	Momtong bandae-jireugi
11	Front	Low block	Arae-makki
12	Front	Body punch	Momtong bandae-jireugi
13	Front	Low block	Arae-makki
14	Front	Body punch	Momtong bandae-jireugi
15	Front	Body punch	Momtong bandae-jireugi
16	Front	Body punch “ <b>kihap</b> ”	Momtong bandae-jireugi
17	Front	Low block	Arae-makki
18	Front	Body punch	Momtong bandae-jireugi
19	Front	Low block	Arae-makki
20	Front	Body punch	Momtong bandae-jireugi
21	Parallel	Left foot moves	Kibon jumbi-seogi

***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

## “COMBINATION SHEET - PAGE 3 OF SYLLABUS”

### Hand Combinations:

No.:	Strikes in combination
1.	Jab
2.	Jab, cross
3.	Jab, cross, hook
4.	Jab, cross, hook, cross
5.	Jab, cross, hook, slide in right elbow
6.	Jab, cross, hook, duck, cross
7.	Jab, cross, uppercut, cross
8.	Jab, cross, cover block (R hand up to behind ear), hook, cross
9.	Slide in right elbow, right back fist, left cross, right uppercut
10.	Slide in cross, R foot step right for right reverse elbow, left elbow, back fist, cross
11.	Jab, cross, left low hook, left hook, right elbow
12.	Jab, cross, spinning back fist, right cross
13.	Slide in to left, right hook, left body rip, left hook, reverse left elbow, right elbow
14.	Front leg front kick, left jab, right cross
15.	Superman punch

### + Kicks in combination with above:

No.:	Kicks in combination with the above strikes
1.	+ front kick (off the front leg)
2.	+ roundhouse to leg
3.	+ roundhouse to head
4.	+ side kick, back kick
5.	+ knee to head
6.	+ roundhouse, 360 roundhouse
7.	+ front kick (rear leg)
8.	+ right hook kick
9.	+ axe kick
10.	+ roundhouse to leg, spinning hook kick
11.	+ 420 roundhouse
12.	+ question mark kick
13.	+ climbing kick
14.	+ jumping rear knee to face
15.	+ step forward, back kick, jump back kick

STANCE	TECHNIQUE	NOTES
SHORT STANCE	Punching 1 – 4	See “combination sheet - page 3 of syllabus”
PATTERNS x 2	Basic pattern Taeguek One	
HORSE STANCE	As previous Outside knifehand strike Palm heel strike (to chin) Knifehand strike to neck Ridgehand strike	
FRONT STANCE	Low block Face block Knifehand strike (to neck) Ridgehand strike Outside knifehand strike Palm heel strike (to chin)	
BACK STANCE <i>(4 from list)</i>	Assisting block Knifehand assisting block Outer Block Body block	
KICKING (moving in short stance)	Front kick Side kick Roundhouse kick	
BREAKFALL/ROLL	Forward Roll – Taekwondo Roll	
SELF DEFENCE (Adults Only – 16yrs+)	Double catch hitting – 5 Double catch release - 5	<i>Perform with either hand</i>
<b>Double Catch Hitting (double hand grabs) (5):</b> 1) Grab wrist, Slap stomach, right cross to jaw 2) Grab wrist, Lift arm, reverse elbow to solar plexus 3) Knee up; collide back of hands, right knife hand strike/Elbow to neck. 4) Palm strike to inner wrist, step through, spinning right elbow to solar plexus/jaw. 5) Push pull (“water-pump”), front foot step forward, knee to ribs/solar plexus.	<b>Double Catch Release (4):</b> 1) LH & RH circulate clockwise and release. 2) LH & RH circulate anticlockwise and release. 3) Step forward RL, double elbow towards face, release. 4) LH circulate clockwise, RH circulate anti-clockwise, opponents hands collide back of palms together, step RL back, release downwards.	

<b>ONE STEP (A)</b>	Body punch (max 3 techniques)	
1) Step back RL, Back Stance, L Body Block, Slide L Foot forward Long Stance Reverse Punch 2) Step Back RL, Back Stance, L Outer Block, Slide L Foot Forward Long Stance, Palm Heel to Chin. 3) Step Back LL, Back Stance, R Body Block, Slide RL Forward, R Back Fist, L Reverse Punch. 4) Step Back RL, Back Stance, Knife Hand Assisting Block, LF Grab Wrist, Slide LL back, R Front Kick to Face.		
TERMINOLOGY	Students approach Examiner	<i>Basic terminology + Count to 10 in Korean</i>
SPARRING	No contact 3 x 1.5 minute rounds	

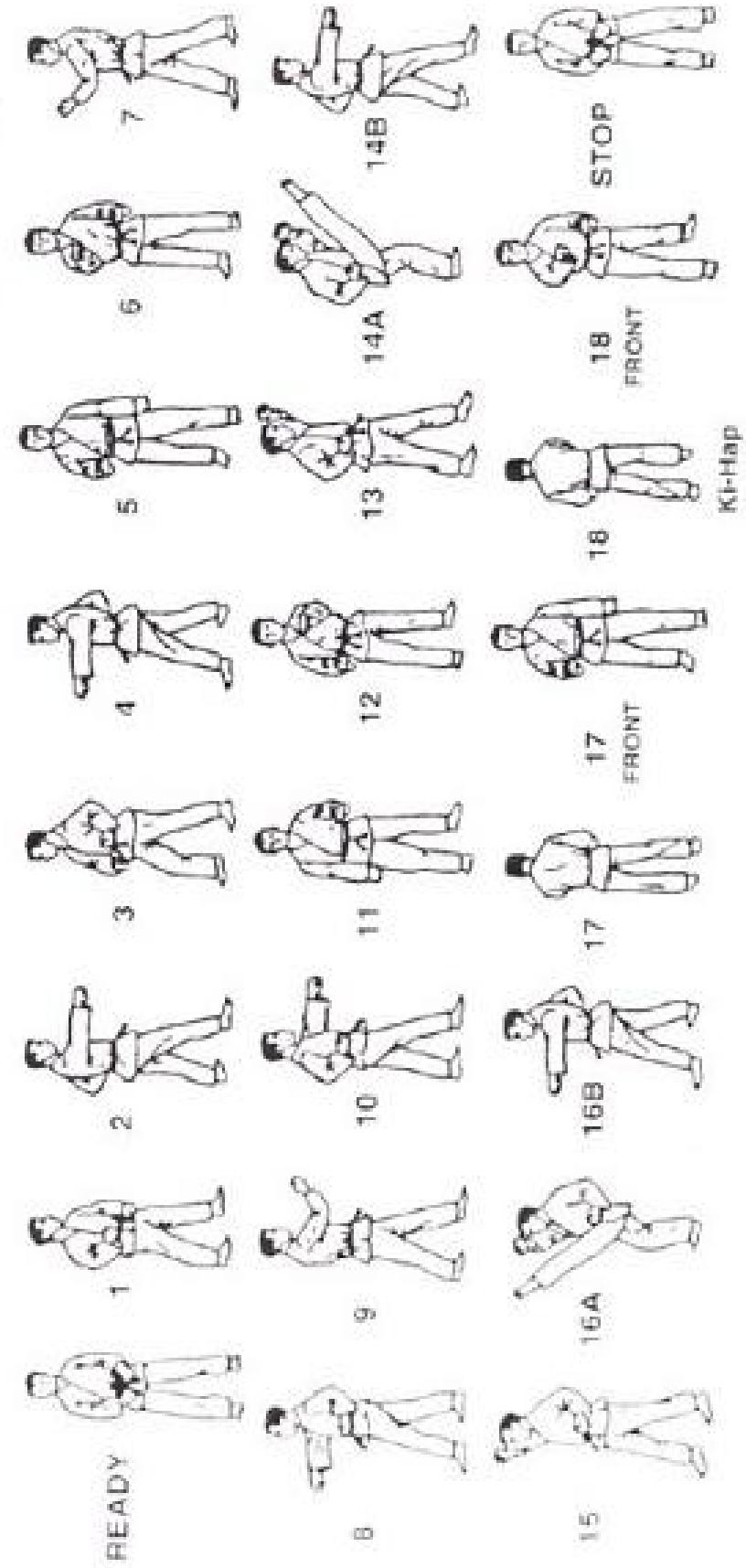
<b>TERMINOLOGY</b>					
<i>Charyot</i>	Attention	<i>Hana</i>	One	<i>Jireugi Jumbi</i>	Fighting Stance
<i>Kyongye</i>	Bow	<i>Dool</i>	Two	<i>Jeja</i>	Student
<i>Jumbi</i>	Ready	<i>Set</i>	Three	<i>Honcho</i>	Sit
<i>Dora</i>	Turn	<i>Net</i>	Four	<i>Gunnun</i>	Walking
<i>Sabomnim</i>	Instructor	<i>Dasot</i>	Five	<i>Baliwa</i>	Hurry come here
<i>Kwanjangnim</i>	Head Instructor	<i>Yosot</i>	Six	<i>Balika</i>	Hurry go away
<i>Dojang</i>	Training hall	<i>Ilgop</i>	Seven	<i>E-sahn</i>	Class dismissed
<i>Dobok</i>	Uniform	<i>Yeodul</i>	Eight	<i>Kieote</i>	Change side & feet
<i>Maki</i>	Block	<i>Ahop</i>	Nine	<i>puckwa</i>	Change
<i>Chirugi</i>	Strike	<i>Yeul</i>	Ten	<i>Shiu</i>	At ease (relax)

## **Taegeuk One - IL Jang**

Taegeuk one represents the symbol of 'keon,' one of the eight kwaes (divination signs), which means the heaven (yang) and the light; the sequence of movements of the poomsae are dedicated to them. The rain and the light of the sun – necessary for all that grows – both come from the heavens. The heavens, therefore, are the symbol of creation, and the beginning of all things in the universe. Accordingly, Taegeuk one represented by 'keon,' is the beginning of training in Taekwondo.

<b>Order</b>	<b>Stance</b>	<b>Technique(s)</b>	<b>Korean</b>
1	Short	Low block	Arae-makki
2	Short	Body punch	Momtong bandae-jireugi
3	Short	Low block	Arae-makki
4	Short	Body punch	Momtong bandae-jireugi
5	Front	Low block + body punch	Arae-makki + bomtong baro-jireugi
6	Short	Inner body block	Momtong an-makki
7	Short	Body punch	Momtong baro-jireugi
8	Short	Inner body block	Momtong an-makki
9	Short	Body punch	Momtong baro-jireugi
10	Front	Low block + body punch	Arae-makki + momtong baro-jireugi
11	Short	Face block	Olgul-makki
12	Short	Front kick + body punch	Momtong bandae-jireugi
13	Short	Face block	Olgul-makki
14	Short	Front kick + body punch	Momtong bandae-jireugi
15	Front	Low block	Arae-makki
16	Front	Body punch " <b>kihap</b> "	Momtong bandae-jireugi
17	Parallel	Left foot moves	Kibon jumbi-seogi

# TAEGEUK IL JANG 1



STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern or Taeguek One (one only) Taeguek 2	
SHORT STANCE	Punching 1 – 6	See “combination sheet - page 3 of syllabus”
HORSE STANCE	Body punch	
FRONT STANCE	Double punch Low block + face block (same hand) Arc hand strike Spearfinger strike to neck (hand parallel) Spearfinger strike to body (hand vertical) Elbow strike (upward under chin) Backfist strike (forward or side facing)	
BACK STANCE	Assisting block Knifehand Assisting block Outer block Single knifehand block Outside minor block	
(3 from list)		
KICKING (moving in short stance)	Front kick High kick (front kick to chin) Side kick Roundhouse Back kick (foot finishes in front) Front kick, jumping front kick	
BREAKFALL/ROLLS	Forward Roll + break fall	
SELF DEFENCE	Lapel Grab (single & double)	2 of each (perform either hand)
<b>“Single Lapel Grab”</b>		
1. RH palm heel to chin, R-hand grabs opponents right hand in fan technique, over the top, elbow break. 2. Left hand holds opponents hand on lapel, right hand pulls down on forearm (near elbow), as opponents body comes forward, outside knife strike to throat, step r leg through, elbow to chin & front sweep.		
<b>“Double Lapel Grab”</b>		
1. Step Left Leg into long stance, Double knife strike down to forearm, avoid head clash, double slap ears, grapple, knee, & takedown. 2. Double rib punch, both hands grab opponents left hand, joint separation.		

ONE STEP	Face punch (max 4 Techniques)	
1) Step back RL, Back Stance, L Body Block, Slide L Foot forward Long Stance Reverse Punch, Step Back LL, R Round House to Solar Plexus, L Turn Back Kick to Ribs.		
2) Step Back RL, Back Stance, L Outer Block, Slide L Foot Forward Long Stance, Palm Heel to Chin, Step Back LL, R Front Kick to solar plexus, L Reverse Punch to Solar Plexus.		
3) Step Back LL, Back Stance, R Body Block, Slide RL Forward, R Back Fist, L Reverse Punch, Switch Stance, Round house kick to Head.		
4) Step Back RL, Back Stance, Knife Hand Assisting Block, LH Grab Wrist, Slide LL back, R Front Kick to Face, RL Forward – Long Stance, R Knife Strike to Neck, Step LL through, Pivot & Elbow Break Over shoulder.		
TERMINOLOGY	Students approach Examiner	<i>Basic terminology + count to 10 in Korean + blocks</i>
SPARRING	No contact 3 x 1.5 minute rounds	

## ***Taegeuk Two - Ee Jang***

The diagram for Taegeuk two symbolizes ‘tae,’ which signifies cheerfulness and happiness. A person who is filled with happiness is a person possessing inner strength as well as maintaining and conveying to others a sense of serenity and balance.

Order	Stance	Technique(s)	Korean
1	Short	Low block	Arae-makki
2	Front	Body punch	Momtong bandae-jireugi
3	Short	Low block	Arae-makki
4	Front	Body punch	Momtong bandae-jireugi
5	Short	Inner body block	Momtong an-makki
6	Short	Inner body block	Momtong an-makki
7	Short	Low block	Arae-makki
8	Front	Front kick + face punch	Ap-chagi + olgul-jireugi
9	Short	Low block	Arae-makki
10	Front	Front kick + face punch	Ap-chagi + olgul-jireugi
11	Short	Face block	Olgul-makki
12	Short	Face block	Olgul-makki
13	Short	Inner body block	Momtong an-makki
14	Short	Inner body block	Momtong an-makki
15	Short	Low block	Arae-makki
16	Short	Front kick + body punch	Ap-chagi + momtong bandae-jireugi
17	Short	Front kick + body punch	Ap-chagi + momtong bandae-jireugi
18	Short	Front kick + body punch “ <b>kihap</b> ”	Ap-chagi + momtong bandae-jireugi
19	Parallel	Left foot moves	Kibon jumbi-seogi

<b>TERMINOLOGY</b>			
<i>Including all terminology from previous gradings</i>			
<i>Arae- makki</i>	<i>Low block</i>	<i>Olgul-makki</i>	<i>Face block</i>
<i>Momtong-makki</i>	<i>Body block</i>	<i>Bakkat makki</i>	<i>Outer block</i>
<i>Anpalmok bakkat makki</i>	<i>Outside minor block</i>		

STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern - Taeguek 2 (one only) Taeguek 3	
SHORT STANCE	Punching 1 – 8	See “combination sheet - page 3 of syllabus”
FRONT STANCE	Double punch Low block, outside minor block (same hand does both techniques) Face block, knife strike (different hand each technique) Backfist strike (front downwards)	
BACK STANCE	Assisting block Knifehand Assisting block Side punch Body block + outside knifehand strike (same hand does both) Outer block in back stance + punch in front stance moving backwards	
KICKING (moving in short stance)	<ul style="list-style-type: none"> <li>▪ Front kick + double punch</li> <li>▪ Axe, side kick + outside knifehand</li> <li>▪ Round, back kick</li> <li>▪ Jumping front kick</li> <li>▪ Crescent kick, jumping 360 crescent</li> </ul>	
BREAKFALL/ROLLS	Forward & Backward Roll + break fall	<i>Both sides</i>
SELF DEFENCE	Hair Grab (front & behind) – 1 of each Inside wrist catch with joint attack – 5 Lapel grab (single & double) – 2 of each	<i>Perform with either hand</i>

**Hair Grab (front & behind - 1 of each):**

- 1) RL step back Short Stance, RH grabs attackers hand & LH assists, over the top & elbow break.
- 2) Control attackers hand, step back, crouch & groin strike or elbow to ribs/solar plexus, both hands to attackers hand to dislodge grip, straight arm shoulder throw.

### Inside Wrist Catch With Joint Attack (5):

- 1) “FOREARM GRIND - KNIFE EDGE” – L Hand hold opponents wrist, Step R Leg 45\*, Roll R wrist towards attacker to release, attack opponents inside forearm with knifehand technique.
- 2) “PULL ACROSS” – LH assist natural grip, pull across body, step through (focus on rotating wrist)
- 3) “BEHIND BACK” – LH grab, Step forward RL Long Stance, Release RH & Groin Strike, RH strike up under elbow to bend arm, behind back with pressure point.
- 4) “ELBOW BREAK” – circulate RH anticlockwise, both hands grab wrist, step forward 45\*R with LL, elbow break over left shoulder.
- 5) “S – BREAK 1” – circulate RH clockwise to grab opponents RW, LH assists by holding opponents hand in place, create ‘S-break’, keep low and rotate RH downwards toward opponent to create pain.

### Single Lapel Grab (Max 2):

- 1) Fan Technique, palm heel to chin, elbow to jaw and takedown.
- 2) Fan Technique, slap face, assist fan technique to takedown, R knee elbow break.
- 3) Fan Technique, throat strike, assisted fan technique with takedown.

### Double Lapel Grab (Max 2):

- 1) LL step forward Short Stance, LH push attackers R Arm, RH Knife strike to bicep, Pivot to RL Short Stance, RH push attackers L Arm, LH Knife strike to bicep, Step LL forward long stance R elbow to neck, Step RL forward past attacker for takedown.
- 2) RH palm to chin, RH fan technique, R Elbow strike down on opponents left forearm, over the top, elbow break.

ONE STEP	Face punch or Body punch (max 4 techniques)	<i>Students choice</i>
TERMINOLOGY	Students approach Examiner	<i>Basic terminology</i>
SPARRING	No contact 5 x 1.5 minute rounds	

### ***Fitness Goals for Blue Belt***

- ❖ 20 push ups
- ❖ 30 sit ups
- ❖ 20 squats

## **Taegeuk Three - Sum Jang**

Taegeuk three is symbolized by ‘ra,’ the sign of fire. This element encourages trainees to harbour a sense of justice and ardor for training. Through intelligence, humans were able to tame fire. Fire gives warmth and light to us; it excites us and gives us hope and confidence; but it also awakens passion, fear, and panic in us.

<b>Order</b>	<b>Stance</b>	<b>Technique(s)</b>	<b>Korean</b>
1	Short	Low block	Arae-makki
2	Front	Front kick + double punch	Ap-chagi + momtong dubeon-jireugi
3	Short	Low block	Arae-makki
4	Front	Front kick + double punch	Ap-chagi + momtong dubeon-jireugi
5	Short	Swallow neck knifehand strike	Jebi-poom hanssonal mok-chigi
6	Short	Swallow neck knifehand strike	Jebi-poom hanssonal mok-chigi
7	Back	Knifehand outer block	Hanssonal momtong yop-makki
8	Front	Body punch	Momtong baro-jireugi
9	Back	Knifehand outer block	Hanssonal momtong yop-makki
10	Front	Body punch	Momtong baro-jireugi
11	Short	Inner body block	Momtong an-makki
12	Short	Inner body block	Momtong an-makki
13	Short	Low block	Arae-makki
14	Front	Front kick + double punch	Ap-chagi + momtong dubeon-jireugi
15	Short	Low block	Arae-makki
16	Front	Front kick + double punch	Ap-chagi+momtong dubeon-jireugi
17	Short	Low block + Body punch	Arae-makki + Momtong baro-jireugi
18	Short	Low block + Body punch	Arae-makki + Momtong baro-jireugi
19	Short	Front kick + Low block + Body punch	Ap-chagi + arae-makki+ momtong baro-jireugi
20	Short	Front kick + Low block + Body punch <b>“kihap”</b>	Ap-chagi + arae-makki + momtong baro-jireugi
21	Parallel	Left foot moves	Kibon jumbi-seogi

**BLUE I****6<sup>th</sup> Kup to 5<sup>th</sup> Kup****BLUE II**

STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern - Taeguek 3 (one only) Taeguek 4	
SHORT STANCE	Punching (includes previous) 1-10	See "combination sheet - page 3 of syllabus"
FRONT STANCE <i>All</i>	Low block, face block, bearhand strike Outside minor block, double punch Outer block, body block, body punch Swallow neck strike (Jebi poom mok chigi) Front kick, double punch Side kick, outside knifehand strike Roundhouse, backfist strike (side facing)	
BACK STANCE (moving in stance) <i>All</i>	Spinning outer crescent kick Side kick, sliding side kick Side kick, back kick	
CAT STANCE moving backwards moving forwards	Middle Palm Block + backfist strike Face Knife crossing block + front kick	
BREAK-FALL/ROLLS	Forward Roll + break fall Backward Break-fall + roll	<i>Both sides</i> <i>Demonstrate practically</i>
SELF DEFENCE	Any from a previous grading Basic Hand strike defences –5: Knife hand strike Outside Knife hand strike Hammer fist Swinging Arm ("haymaker punch") Jab Cross combination Headlock (side & rear) – 1 of each	<i>Perform with either hand</i> <i>Perform from fighting guard</i>
ONE STEP	Face punch, Body punch, Front kick, Side Kick	(examined on 1 of each)
TERMINOLOGY	Students approach Examiner	<i>Basic terminology</i>
SPARRING	No contact 5 x 1.5 minute rounds	

## **Taegeuk Four - Sar Jang**

The symbol for Taegeuk four, ‘jin’ signifies thunder, which represents great power and dignity. Thunder and lightning strike fear into people; but thunder also creates energy. Correspondingly, the principle of this poomsae is to confront danger with calmness and courage in the form of powerful and focused movements.

<b>Order</b>	<b>Stance</b>	<b>Technique(s)</b>	<b>Korean</b>
1	Back	Knifehand assisting block	Sonnal momtong makki
2	Front	Assisting spearhand	Pyonsonkkeut seotzireugi
3	Back	Knifehand assisting block	Sonnal momtong makki
4	Front	Assisting spearhand	Pyonsonkkeut seotzireugi
5	Front	Swallow neck strike	Jebi-poom mok-chigi
6	Front	Front kick + body punch	Ap-chagi + momtong baro-jireugi
7	Back	Side kick + side kick + knifehand assisting block	Yop-chagi + yop-chagi + sonnal momtong makki
8	Back	Outer block	Momtong bakkat-makki
9	Back	Front kick + inner body block	Ap-chagi + momtong an-makki
10	Back	Outer block	Momtong bakkat-makki
11	Back	Front kick + inner body block	Ap-chagi + momtong an-makki
12	Front	Swallow neck strike	Jebi-poom mok-chigi
13	Front	Front kick + forward facing backfist	Ap-chagi + deungjumok olgul-ap-chigi
14	Short	Body block + body punch	Momtong makki + momtong baro-jireugi
15	Short	Body block + body punch	Momtong makki + momtong baro-jireugi
16	Front	Body block + double punch	Momtong makki + dubeon-jireugi
17	Front	Body block + double punch “ <b>kihap</b> ”	Momtong makki + dubeon-jireugi
18	Parallel	Left foot moves	Kibon jumbi-seogi

STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern - Taeguek 4 (one only) Taeguek 5	
SHORT STANCE	Punching 1-13	See “combination sheet - page 3 of syllabus”
BACK STANCE (moving forwards)	Round, running round Round kick, spinning hook kick Inside Crescent kick, back kick Round, 360 round kick Jumping round kick (one step)	
(moving backwards)	Bow fist face block (backstance) + flat fist strike to throat (front stance)	
FRONT STANCE		
(moving forwards)	Side kick + Back fist + elbow strike	Strikes to side of head
	Knife hand face block twisted stance + Round house kick to face	
(moving backwards)	Middle palm block + double body punch	
BREAK-FALL/ROLLS	Forward Roll + break fall Backward Break-fall + roll	<i>Both sides</i> <i>Demonstrate practically</i>
SELF DEFENCE <i>(Max 5 techniques)</i>	Attempted front bear hug – 2 Outside wrist catch with joint attack – 5	<i>Perform with either hand</i>

### Attempted front bear hug – 2

- 1) Step back RL back stance, double outer block, double knife strike to neck, grapple, knee to solar plexus/groin, takedown.
- 2) Step back back stance double outer block, front foot kick to solar plexus/groin, both hands grab behind attackers head, knee to face.

### Outside wrist catch with joint attack – 5

- 1) “INTO STOMACH” – RH circulate clockwise, LH grab attackers LH under, RH release and assist on top of attackers LH, Step RL forward, rotate wrist clockwise and push elbow to stomach.
- 2) “REVERSE ELBOW” – LH grabs opponents LH off, RRE (right reverse elbow) to SP (solar plexus) or ribs, both hands on wrist, place attackers elbow on chest (cobra lock), break wrist.
- 3) “COLOCKE” – LH grab attackers hand, “colocke” technique, Step RL forward, front stance, R knife edge Elbow Break, slide grip from hand to wrist, Figure 4 takedown.
- 4) “JOINT SEPERATION” – circulate RH anticlockwise, grab attackers hand with LH, RH assists (ensure your thumbs are underneath attackers and attackers pinky is facing up).
- 5) “S – BREAK 2” – Circulate RH, LH on top, release Right hand, Forearm pressure point, bend elbow, push forward & rotate attackers L Wrist with L Hand.

ONE STEP	Front Kick & Side Kick (2 of each)	
Front Kick:		
<ol style="list-style-type: none"> <li>1) Step RL right, catch leg with LH, Knife strike to neck, RL step forward between opponents legs, grasp shoulder, leg sweep, knee to groin &amp; face punch</li> <li>2) Step RL right, catch leg with LH, palm to chin, RL step forward between opponents legs, grasp shoulder, leg sweep &amp; take down, RH kick to face, spin &amp; ankle break.</li> </ol>		
SPARRING	No contact 5 x 1.5 minute rounds	

## ***Taegeuk Five - Oh Jang***

The symbol of the wind ('son') represents Taegeuk five. In spite of turning into storms, wind also has a positive meaning, because wind disperses seeds and scatters dark clouds. Wind symbolizes a force of destruction as well as the power to build.

Order	Stance	Technique(s)	Korean
1	Front	Low block (release hand)	Arae-makki
2	Side	Downward hammer fist	Mejumeok naeryo-chigi
	Ease		
3	Front	Low block (release hand)	Arae-makki
4	Side	Downward hammer fist	Mejumeok naeryo-chigi
	Ease		
5	Front	Body block + Inner body block	Momtong makki + Momtong an-makki
6	Front	Front kick + forward facing backfist + Inner body block	Ap-chagi + Deungjumeok ap-chigi + Momtong an-makki
7	Front	Front kick + forward facing backfist + Inner body block	Ap-chagi + Deungjumeok ap-chigi + Momtong an-makki
8	Front	Forward facing backfist	Deungjumeok ap-chigi
9	Back	Knifehand outer block	Hansonnal yop-makki
10	Front	Elbow strike	Palkup dollyo-chigi
11	Back	Knifehand outer block	Hansonnal yop-makki
12	Front	Elbow strike	Palkup dollyo-chigi
13	Front	Low block + inner body block	Arae-makki + momtong an-makki
14	Front	Front kick + low block + Inner body block	Ap-chagi + arae-makki + momtong an-makki
15	Front	Face block	Olgul-makki
16	Front	Side kick + elbow target strike	Yop-chagi + palkup pyojeok-chigi
17	Front	Face block	Olgul-makki
18	Front	Side kick + elbow target strike	Yop-chagi + palkup pyojeok-chigi
19	Front	Low block + Inner body block	Arae-makki + momtong an-makki
20	Crossing	Front kick + forward facing backfist <b>"kihap"</b>	Ap-chagi + deungjumeok ap-chigi
21	Parallel	Left foot moves	Kibon jumbi-seogi

STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern - Taeguek 5 (one only) Taeguek 6	
SHORT STANCE	Punching (includes previous) 1 - 15	See "combination sheet - page 3 of syllabus"
BACK STANCE (moving in stance)	Side kick + back kick Side kick + sliding hook kick Spinning hook kick, double round Jumping back kick Jumping Side Kick (one step) Double kicks: front + side Round + round	
(stationary)		
SWEEPS & THROWS	Student's choice – 3 with fixing. Utilise one from above practically.	
BREAK-FALL/ROLLS	Forward Roll + break fall Backward Break-fall + roll Forward Break-fall	<i>Both sides</i> <i>Demonstrate practically</i>
TERMINOLOGY THEORY	Students approach Examiner General theory (TAI, WTF etc)	<i>Refer to list</i>
ONE STEP	Face punch, Body punch, Front kick, Side Kick (all)	
SELF DEFENCE	Attempted rear bear hug - 2 Outside wrist catch throwing – 5	<i>Perform with either hand</i>

### Attempted rear bear hug:

- 1) Use peripheral vision to anticipate attack, double outside knife hand block, right hand locks onto opponents right hand, left hand also grabs opponents right hand, step right leg back and right elbow to solar plexus, move left foot back to parallel stance and perform shoulder throw with arm bar to finish.
- 2) Use peripheral vision to anticipate attack, double outside knife hand block, right hand locks onto opponents right hand, left hand also grabs opponents right hand, right foot steps back perpendicular to midline of attackers stance, right hand releases opponents right wrist and grabs right ankle, perform lower back throw 1 with elbow break to finish.
- 3) Use peripheral vision to anticipate attack, double outside knife hand block, right hand locks onto opponents right hand, left hand also grabs opponents right hand, spin clockwise, left elbow over the top and break opponents elbow.

## Single Outside wrist catch throwing (5):

1. “FRONT SWEEP” - circulate RH anticlockwise to grab wrist, step forward LL past attackers LL. Rotate & pull attacker off balance & use LL to sweep attackers LL.
2. “LOWER BACK THROW 1” – LH grabs opponent’s RH off, Palm Heel to Nose, RL step forward, bend down grab behind opponents RL, pull opponent over lower back – throw.
3. “LOWER BACK THROW 2” – circulate RH anticlockwise, LL step forwards towards opponent’s centre, bend down grab behind opponent’s LL, pull opponent over lower back – throw.
4. “SPIN” – circulate RH anticlockwise to grab opponent’s RH, LH assist RH as LL steps through, spin down to right knee, “push pull” take down.
5. “SHOULDER THROW” – circulate RH anticlockwise to grab wrist, step forward LL to place body directly in front of attackers in Horse riding stance and LH holds attackers upper arm close to the armpit. Pull attacker off balance over back, whilst simultaneously lifting in stance and twisting slightly to the left to throw attacker over shoulder.

BOARD BREAKING      Front kick x 1 board  
                            Side kick x 1 board

SPARRING      1 on 1 / 6 x 1.5min rounds  
(Tournament & Street)

(good control)

## Fitness Goals for Red Belt

- ❖ 35 push ups
- ❖ 50 sit ups
- ❖ 40 squats
- ❖ 12 minutes skipping
- ❖ 5 forward facing tricep dips
- ❖ Split Stretch to within 20cm from ground in one of 3 directions.

## Terminology

<i>Charyot</i>	Attention	<i>Arae- makki</i>	Low block
<i>Kyongye</i>	Bow	<i>Momtong-makki</i>	Body block
<i>Jumbi</i>	Ready	<i>Olgul-makki</i>	Face block
<i>Dora</i>	Turn	<i>Bakkat makki</i>	Outer block
<i>Hanbeon kyorugi</i>	One step sparring	<i>Anpalmok bakkat makki</i>	Outside minor block
<i>Sabomnim</i>	Instructor		
<i>Kwanjangnim</i>	Head Instructor	<i>Juchum seogi</i>	Horse stance
<i>Dojang</i>	Training hall	<i>Apkubi</i>	Front stance
<i>Dobok</i>	Uniform	<i>Dwitkubi</i>	Back stance
<i>Hana</i>	One	<i>Ap seogi</i>	Walking stance
<i>Dool</i>	Two		
<i>Set</i>	Three	<i>Ap Chagi</i>	Front kick
<i>Net</i>	Four	<i>Yop Chagi</i>	Side kick
<i>Dasot</i>	Five	<i>Dollyo Chagi</i>	Roundhouse kick
<i>Yosot</i>	Six		
<i>Ilgop</i>	Seven	<i>Momtong jireugi</i>	Body punch
<i>Yeodul</i>	Eight	<i>Olgul jireugi</i>	Face punch
<i>Ahop</i>	Nine	<i>Sonnal mok chigi</i>	Knifehand neck strike
<i>Yeul</i>	Ten	<i>Pyonsonkeut tzireugi</i>	Spearhand strike

## Taegeuk Six - Yuk Jang

The symbol of water ('kam') characterizes Taegeuk six, and means incessant flow and softness. Like water that always flows down, the movements here are fluid, flowing into one another. This image teaches us that difficulties and misfortune can be overcome if we proceed with confidence. The movements that have been developed with this idea in mind follow the flow of water; individual parts are bridged by kicking action of the feet.

Order	Stance	Technique(s)	Korean
1	Front	Low block	Arae-makki
2	Back	Front kick + Outer block	Ap-chagi + momtong bakkat-makki
3	Front	Low block	Arae-makki
4	Back	Front kick + Outer block	Ap-chagi + momtong bakkat-makki
5	Front	Knifehand twisting block	Hanssonal bitureo-makki
6		Roundhouse kick	Dollyo-chagi
7	Front	Outer face block + body punch	Olgul bakkat-makki + momtong baro-jireugi
8	Front	Front kick + body punch	Ap-chagi + momtong baro-jireugi
9	Front	Outer face block + body punch	Olgul bakkat-makki + momtong baro-jireugi
10	Front	Front kick + body punch	Ap-chagi + momtong baro-jireugi
11	Parallel	Low wedging block (5 seconds)	Arae hecho-makki
12	Front	Knifehand twisting block	Hanssonal bitureo-makki
13		Roundhouse kick <b>"kihap"</b>	Dollyo-chagi
14	Front	Low block	Arae-makki
15	Back	Front kick + outer block	Ap-chagi + momtong bakkat-makki
16	Front	Low block	Arae-makki
17	Back	Front kick + outer block	Ap-chagi + momtong bakkat-makki
18	Back	Knifehand assisting block	Sonnal momtong-makki
19	Back	Knifehand assisting block	Sonnal momtong-makki
20	Front	Palm heel body block + punch	Batangson momtong-makki + momtong baro-jireugi
21	Front	Palm heel body block + punch	Batangson momtong-makki + momtong baro-jireugi
22	Parallel	Right foot steps backwards	Kibon jumbi-seogi

RED I	3 <sup>rd</sup> Kup to 2 <sup>nd</sup> Kup	RED II
STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern – Taeguek 6 (one only) Taeguek 7	
SHORT STANCE	Punching 1-15, + Kicking in combination 1-5	See “combination sheet - page 3 of syllabus”
BACK STANCE (stationary)  (moving in stance)	Double kicks: side + side round + hook + round Leg kick (RH)+ low spinning hook sweep Side kick + sliding back kick Flying side kick (four steps) Jumping 360 back kick Jumping spinning hook kick	Head height preferred
SUBMISSIONS		
1) “BASIC ARM BAR IN MOUNT” – <i>left arm wraps opponents right arm, right hand on opponents right shoulder, lock left hand onto own right arm and fully straighten left arm whilst leaning back.</i> 2) “SIDE CONTROL TO ARM BAR” – <i>grab opponents closest arm on wrist, shoot right leg over neck to hold opponent down, shoot right foot under opponents left scapula, straighten opponents arm and using hips perform arm bar.</i> 3) “REAR NAKED CHOKE” – <i>ensure choking arm (right) is under chin, place left hand on back of head, right hand locks onto inside of own left elbow, push forwards &amp; down with left hand on head.</i>		
SWEEPS & THROWS	Students choice – 5 with fixing.	
BREAK-FALL/ROLLS	Jumping Forward Roll + break fall Backward Break-fall + roll Forward Break-fall + ground fighting defensive posture	<i>Both sides</i> <i>Demonstrate practically</i>
SELF DEFENCE	Rear collar grab – 3 Rear Elbow grab – 3 Rear wrist defences - 4	<i>Perform with either hand</i>
WEAPON DEFENCE	mid section & overhead knife attack	2 of each
BOARD BREAKING	Round kick x 1 board Back kick x 1 board Elbow strike (adults only)	
SPARRING (Tournament & Street)	1 on 1 / 5 x 1 min rounds 1 on 2 / 2 x 1 min rounds	<i>Throws, locks, and leg kicks</i> <i>permitted (good control)</i>
TERMINOLOGY THEORY	Students approach Examiner Explanation of Taeguek 7	<i>Refer to list</i>

## Terminology

<i>Sijak</i>	Start	<i>Hecho makki</i>	Wedge block
<i>Paro</i>	Return to start	<i>Otgoreo makki</i>	Crossing block
<i>Keuman</i>	Stop	<i>Hansonnal makki</i>	Single knifehand block
<i>Bom Seogi</i>	Cat stance	<i>Tzireugi</i>	Poke
<i>Naranhi Seogi</i>	Parallel stance	<i>Yop jireugi</i>	Side punch
		<i>Dubeon jireugi</i>	Double punch
		<i>Deungjumeok chigi</i>	Back fist
<i>Il</i>	First	<i>Mejumeok chigi</i>	Bottom fist
<i>Ee</i>	Second		
<i>Sum</i>	Third	<i>Dwi Chagi</i>	Back kick
<i>Sar</i>	Fourth	<i>An Chagi</i>	Inner kick
<i>Oh</i>	Fifth	<i>Bakkat Chagi</i>	Outer kick
<i>Yuk</i>	Sixth	<i>Naeryo Chagi</i>	Axe kick
<i>Chill</i>	Seventh		
<i>Pal</i>	Eighth		

## Fitness Goals for 2<sup>ND</sup> Red Belt.

- ❖ 40 push ups
- ❖ 50 sit ups
- ❖ 40 squats
- ❖ 12 minutes skipping
- ❖ 10 forward facing tricep dips
- ❖ Split Stretch to within 15cm from ground in one of 3 directions.
- ❖ Seated Straight Legged Stretch – must hold underside of feet

## Taegeuk Seven - Chill Jang

The Chinese character ('kan') expressing Taegeuk seven symbolizes the mountain, meaning ponderosity and firmness. A mountain is seemingly permanent and unmovable, yet they are constantly growing and changing. Humans seek to emulate these characteristics. Moving forward and remaining still are both necessary when we want to achieve something.

Order	Stance	Technique(s)	Korean
1	Tiger	Palm heel inner body block	Batangson momtong an-makki
2	Tiger	Front kick + body block	Ap-chagi + momtong makki
3	Tiger	Palm heel inner body block	Batangson momtong an-makki
4	Tiger	Front kick + body block	Ap-chagi + momtong makki
5	Back	Low knifehand assisting block	Sonnal arae-makki
6	Back	Low knifehand assisting block	Sonnal arae-makki
7	Tiger	Palm heel assisting inner body block + forward facing backfist	Batangson kodureo momtong an-makki + Deungjumeok olgul ap-chigi
8	Tiger	Palm heel assisting inner body block + forward facing backfist	Batangson kodureo momtong an-makki + Deungjumeok olgul ap-chigi
9	Closed	Covering fist (5 seconds)	Bojumeok
10	Front	Scissor block + scissor block	Bandae kawi-makki + kawi-makki
11	Front	Scissor block + scissor block	Bandae kawi-makki + kawi-makki
12	Front	Wedging block	Momtong hecho-makki
13	Crossed	Knee + double inverted punch	Mureup-chigi + jecho-jireugi
14	Front	Crossing block	Otgoreo arae-makki
15	Front	Wedging block	Momtong hecho-makki
16	Crossed	Knee + double inverted punch	Mureup-chigi + jecho-jireugi
17	Front	Crossing block	Otgoreo arae-makki
18	Short	Outward backfist	Deungjumeok bakkat-chigi
19		Inner crescent kick target strike	Pyojeok-chagi
20	Horse	Elbow target strike	Palgup pyojeok-chigi
21	Short	Outward backfist	Deungjumeok bakkat-chigi
22		Inner crescent kick target strike	Pyojeok-chagi
23	Horse	Elbow target strike	Palgup pyojeok-chigi
24	Horse	Knifehand outer block	Hansonnal yop-makki
25	Horse	Side punch “ <b>kihap</b> ”	Momtong yop-jireugi
26	Parallel	Left foot moves	Kibon jumbi-seogi

STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern - Taeguek 7 (one only) Taeguek 8	
HAND COMBINATIONS	Punching 1-15, + Kicking in combination 1-10	See "combination sheet - page 3 of syllabus"
BACK STANCE	Any from previous grading including: Front split kick	
ONE STEP	Face punch + Body punch + Front kick + Side Kick + Round kick (all)	
SWEEPS & THROWS	Students choice – 5 with fixing.	
SUBMISSIONS	Guillotine Choke (from double push) Kimura Leg lock (calf compression from rear) Knee lock	
BREAK-FALL/ROLLS	Any from previous grading	<i>Both sides</i>
SELF DEFENCE	Double catch throwing defence – 5 Double wrist catch with joint attack - 11 Double catch onto single wrist – 15	<i>Perform with either hand</i>  <i>(SEE SEPARATE PAGE)</i>
WEAPON DEFENCE	Defence against bat & knife	<i>1 of each</i>
BOARD BREAKING (14yrs + compulsory) (>14yrs instructors discretion)	Front kick x 2 board Side kick x 2 board 2 corner kick x 3 board (2 + 1) Hand strike x 1 board (adults only)	<i>Must break 6 from 8 to pass</i>
SPARRING (Tournament & Street) (good control)	1 on 1 / 5 x 1 min rounds 1 on 2 / 3 x 1 min rounds 1 on 1 / 2 x 1 min rounds competition	<i>Throws, locks, and leg kicks</i> <i>permitted</i>
TERMINOLOGY THEORY	Students approach Examiner History of TKD	<i>Refer to list</i>

## RED II SELF DEFENCE

DOUBLE WRIST CATCH	<ol style="list-style-type: none"> <li>1. Into Stomach</li> <li>2. Behind Back – pressure point shoulder</li> <li>3. Towards face – natural grip</li> <li>4. Fan Technique – front kick face, shin on triceps, takedown.</li> <li>5. Fingers</li> <li>6. S-Break</li> <li>7. Forearm Pressure Point (with s-break)</li> <li>8. Reverse Wrist Grab - (double grab, front kick, step past &amp; takedown).</li> <li>9. Double Twist – step through under, elbow break</li> <li>10. Joint separation</li> <li>11. Over the top – elbow break</li> </ol>
DOUBLE CATCH THROWING	<ol style="list-style-type: none"> <li>1. Into Stomach with throw.</li> <li>2. Double grab, step under &amp; through, crossing elbow break.</li> <li>3. Double grab, roll back onto ground, double feet propelled throw.</li> <li>4. Rotate anti clockwise and release right wrist, rotate clockwise and grab opponents right wrist, step R foot forwards into horse riding stance, grab opponents rear leg , rotate trunk and throw over lower back.</li> <li>5. Rotate anti clockwise and release right wrist, step forward &amp; past opponents right leg simultaneously grab around opponents trunk, hip throw.</li> </ol>
DOUBLE CATCH SINGLE WRIST	<ol style="list-style-type: none"> <li>1. Step forward into Front Stance, assisted right upward elbow to chin, Right back fist, reverse punch, takedown.</li> <li>2. Ridge hand, joint separation with elbow break.</li> <li>3. Crossing Elbow – don't rotate under.</li> <li>4. Elbow, Reverse elbow, choke, head butt ground</li> <li>5. Knife Strike to neck, grab own hand &amp; step back, back kick and jump back kick</li> <li>6. Knuckle grind, knife hand to back of elbow/triceps</li> <li>7. Palm hand off, Figure 4.</li> <li>8. Elbow break – neck takedown. (Right hand grabs opponents right wrist in monkey grip, rotate opponents right arm so elbow faces down. Left forearm under opponents elbow, hold opponents wrist onto abdominals, lean back executing elbow break. Left hand grabs the back of opponents neck (on inside of opponents right arm), pivot clockwise using opponents right elbow as lever, takedown &amp; fix.)</li> <li>9. Palm chin (Step R- foot back pulling opponent forwards, palm chin, reverse headlock).</li> <li>10. Kidney punch takedown – (Palm hand off, rotate grab, kidney punch, elbow back of head, sweep with fix.)</li> <li>11. Knife hand strike &amp; elbow break – (knife hand strike to neck, elbow head, reverse elbow stomach, break elbow over shoulder, throw over shoulder).</li> <li>12. Leverage to release, behind back manoeuvre with reverse headlock/pull hair.</li> <li>13. Double grab, thigh &amp; knee kick, step forward takedown.</li> <li>14. Slap face, fan technique, shin kick to kidneys, inside crescent kick over arm, pressure/break elbow.</li> <li>15. Ridge hand, cradle and pivot (spin), use leverage of elbow on shoulder to throw opponent.</li> </ol>

## Terminology

<i>Shyo</i>	Relax	<i>Nullo makki</i>	Pressing down block
<i>Poomsei</i>	Pattern	<i>Sonnal momtong makki</i>	Knifehand assisting block
<i>Hosinsul</i>	Self defence	<i>Hansonnal area makki</i>	Knifehand low block
<i>Moa seogi</i>	Closed stance	<i>Baro jireugi</i>	Regular punch
<i>Wen</i>	Left	<i>Bandae jireugi</i>	Irregular punch
<i>Orun</i>	Right	<i>Batangson teok chigi</i>	Palm strike to chin
<i>Momdollyo huryo chagi</i>	Spinning hook kick	<i>Sonnal deung chigi</i>	Ridgehand strike
<i>Momdollyo yop chagi</i>	Turning side kick	<i>Agwison chigi</i>	Arc hand
<i>Mireo chagi</i>	Push kick	<i>Palkup chigi</i>	Elbow strike
<i>Kodureo makki</i>	Assisting / Assisting block	<i>Mureup chigi</i>	Knee strike
		<i>Kawi makki</i>	Scissors block

You may also be asked any terminology from any Taegeuk pattern.

## Taegeuk Eight - Pal Jang

Taegeuk eight symbolizes the ‘kon,’ which represents ‘yin’ (c.f. Taeguek 1) and Earth, meaning the source of all life, the root and settlement and also the beginning and the end. Everything arises from the Earth, receiving its nourishment and energy. The creative power of the heavens is embodied in the Earth. Taegeuk eight is the last pattern a student learns on the way to becoming a black belt. These basic patterns are revisited and practiced again and again until they are polished to perfection

Order	Stance	Technique(s)	Korean
1	Back	Assisting block	Kodureo makki
2	Front	Body punch	Momtong baro-jireugi
3	Front	Continuous jumping front kicks “ <b>kihap</b> ” (2 <sup>nd</sup> kick) Body block + Double punch	Dangseong ap-chagi + momtong makki + momtong dubeon-jireugi
4	Front	Body punch	Momtong bandae-jireugi
5	Front	Part mountain block (look towards low block)	Wesanteul-makki
6	Front	Pulling in chin punch (5 seconds)	Dangkyo teok-jireugi
7	Front	Part mountain block (look towards low block)	Wesanteul-makki
8	Front	Pulling in chin punch (5 seconds)	Dangkyo teok-jireugi
9	Back	Knifehand assisting block	Sonnal Momtong-makki
10	Front	Body punch	Momtong baro-jireugi
11	Tiger	Front kick + Palm heel body block	Ap-chagi + Batangson momtong-makki
12	Tiger	Knifehand assisting block	Sonnal Momtong-makki
13	Front + Tiger	Front kick + Body punch + Palm heel block	Ap-chagi + Momtong baro-jireugi + Batangson momtong-makki
14	Tiger	Knifehand assisting block	Sonnal Momtong-makki
15	Front + Tiger	Front kick + centre punch + Palm heel block	Ap-chagi + Momtong baro-jireugi + Batangson momtong-makki
16	Back	Assisting low block	Kodureo arae-makki
17	Front +	Front kick + Jumping front kick “ <b>kihap</b> ” Front + Body block + Double punch	Ap-chagi + twio ap-chagi + Momtong-makki + Momtong dubeon-jireugi
18	Back	Knifehand side block	Hansonnal momtong yop-makki
19	Front	Elbow + forward facing backfist + body punch	Palkup dollyo-chigi + deungjumeok ap-chigi + momtong bandae-jireugi
20	Back	Knifehand side block	Hansonnal momtong yop-makki
21	Front	Elbow + forward facing backfist + body punch	Palkup dollyo-chigi + deungjumeok ap-chigi + momtong bandae-jireugi
22	Parallel	Left foot moves	Kibon jumbi-seogi

STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern - Taeguek 7 (one only) Taeguek 8, Koryo,	
SHORT STANCE	Punching 1-15 + Kicking in combination	See "combination sheet - page 3 of syllabus"
COMBINATIONS	Any from previous grading <ul style="list-style-type: none"> <li>▪ Jab, hook, uppercut + step spinning backfist + roundhouse kick to legs.</li> <li>▪ Knifehand block (deflection), trap, backfist + Inner kick to knee &amp; body.</li> <li>▪ Step forward, elbow, backfist, reverse punch + spinning hook kick.</li> <li>▪ Elbow strike (deflection), backfist, ridgehand, jump spinning crescent kick (moving backwards).</li> <li>▪ Body block, outside knife strike, spinning outside knife strike, jump back kick (moving backwards).</li> </ul>	
BACK STANCE	Any from previous <ul style="list-style-type: none"> <li>▪ Split kick (scissor – max 4 steps)</li> </ul>	
SUBMISSIONS	<i>Including previous</i> Triangle choke Omoplata (shoulder lock) Americana (Side Control using leg) Americana (traditional from mount)	
SWEEPS & THROWS	<ul style="list-style-type: none"> <li>▪ Dobok throw</li> <li>▪ Front &amp; rear sweep</li> <li>▪ Shoulder throw</li> <li>▪ Full &amp; Half Hip throw</li> <li>▪ Feet Propelled</li> <li>▪ Low spinning hook sweep</li> <li>▪ Front &amp; Rear Leg Lower Back Throw</li> <li>▪ Head lock throw</li> </ul>	
BREAK-FALL/ROLLS	Any from previous grading Forward flip break-fall Forward flip side break-fall	<i>Both sides</i> <i>Demonstrate practically</i>
BOARD BREAKING (14yrs + compulsory) (<14yrs instructor's choice)	Side kick Round kick  Spinning hook kick  Jumping spinning kick (any) Hand strike x 1 board Hand x 4 tiles or boards (adults only)	<i>Must break 10 from 13</i>  <i>Max 2 attempts each board</i> <i>Break each within 3secs</i>  <i>Must break 3 from 4</i>

SELF DEFENCE	1 attack from the front (you choose) 2 attacks from the rear (you choose) 1 attack from the front (examiner's choice) 1 attack from the rear (examiner's choice)	<i>Attacker to utilise at least 2 whole body catches.</i>
WEAPON DEFENCE	Knife: 2 attack (you choose) 1 attack (examiner's choice) Bat: 2 attack (you choose) 1 attack (examiner's choice)	
TERMINOLOGY	Students approach Examiner - Adults:  Students approach Examiner – Children	<i>Taeguk 8 Terminology &amp; 5 terms from any pattern.</i>
THEORY	Taekwondo history	
SPARRING (Tournament & Street) (Good control)	1 on 1 / 8 x 1 min rounds (Max 3 opponents) 1 on 2 / 2 x 1 min rounds 1 on 1 / 2 x 1 min rounds competition	<i>Throws, locks, and leg kicks permitted</i> <i>As above</i>

### **Compulsory Prerequisites for Grading to Black Belt**

#### ***Fitness Test***

- ❖ 5 minutes skipping – adults (adults only)
- ❖ 50 push ups – adults, 30 push ups - children
- ❖ 60 sit ups – adults, 40 sit ups - children
- ❖ 40 explosive squats – adults, 30 explosive squats - children
- ❖ 15 forward facing tricep dips – adults only
- ❖ 12 rounds sparring (1 min each) **must dominate**
- ❖ Split Stretch to ground in 1 of 3 directions. Within 10cm both other directions. (Master Instructor's discretion)
- ❖ Seated Straight Legged Stretch – nose must touch knees.

STANCE	TECHNIQUE	NOTES
PATTERNS x 2	Basic pattern - Taeguek 8 (one only) Koryo, Geumgang, Pulgwe 1 & 2, 7 & 8.	
COMBINATIONS	Any – instructors choice  1. Jab, cross, uppercut, Roundhouse, 360* Roundhouse. 2. Slide in Left Elbow, Right Reverse punch, Hook kick+ Roundhouse, 360* Roundhouse, Spinning Hook kick. 3. Running Sidekick, jump back kick, Roundhouse, 360* Roundhouse, Spinning Hook kick. 4. Slide side, low forearm + reverse palm face block, Back fist, Reverse punch, low spinning hook kick, spinning hook kick to head. 5. Step 360* forward double knife block, slid back outside minor block + reverse punch, Ridgehand, Reverse knife hand strike, step back elbow, spinning hook kick. 6. Step 360* backwards + guarding block, deflect + trap + backfist in twisted stance, spinning back fist, reverse punch, elbow, arch hand strike, jump front kick (moving backwards). Jump axe-kick (moving backwards), double up (moving backwards), spinning hook kick, 420* roundhouse kick.	<i>Incl. previous gradings</i>
BACK STANCE	Any – instructors choice	<i>Incl. previous gradings</i>
BOARD BREAKING  (14yrs + compulsory) (>14yrs instructor's choice)	Side kick x 2 board Round kick x 2 board Spinning hook kick x 1 board Jumping spinning kick (any) x 1 board  Hand x 4 tiles or boards (adults only)	<i>Must break 11 from 13</i>  <i>Max 2 attempts</i> <i>Break within 3secs</i>  <i>Must break all 4</i>
ADVANCED PUNCH DEFENCES	<ul style="list-style-type: none"> <li>▪ Jab, Cross, swinging arm</li> <li>▪ Jab, Cross, hammer fist</li> <li>▪ Jab, Cross, spinning backfist</li> </ul>	<i>Utilise advanced self-defence techniques.</i>
WEAPON IN DEFENCE	Against body punch (2) Against face punch (2) Against knife strike (4) Nunchaku Self defence against Staff or sword (4)	<i>(students choice of weapon)</i> <i>(students choice of weapon)</i> <i>(students choice of weapon)</i>

WEAPON DEFENCE	Against knife (Held at back, throat) Against knife (underhand, overhead, overhand from both sides (2 each) Against gun (back, neck, stomach) Against bat (swing, reverse swing, overhead)	
WEAPONS DEMONSTRATION	Nunchaku or staff	<i>Can be basic movements in combination or poomse.</i>
SWEEPS & THROWS (All)	<ul style="list-style-type: none"> <li>▪ Dobok throw</li> <li>▪ Front &amp; rear sweep</li> <li>▪ Shoulder throw</li> <li>▪ Full &amp; Half Hip throw</li> <li>▪ Feet Propelled</li> <li>▪ Low spinning hook sweep</li> <li>▪ Front &amp; Rear Leg Lower Back Throw</li> <li>▪ Step-up Inner sweep</li> <li>▪ Scissor sweep</li> </ul>	
GROUND DEFENCE	Seated - attacks from Front, Sides and Back on the ground.	<i>Utilise arm &amp; leg locks and bars.</i>
	Lying – attack from front, sides and back on ground.	
SPARRING (Tournament & Street) (Good control)	2 on 1 / 2 x 1 min rounds 1 on 1 / 4 x 1 min rounds 1 on 1 / 4 x 1 min rounds competition	<i>Throws, locks, and leg kicks permitted</i> <i>As above</i>
THEORY	<ul style="list-style-type: none"> <li>▪ Knowledge of Anatomy</li> <li>▪ Knowledge of Class Structure</li> <li>▪ Principles of Instruction</li> </ul>	
TERMINOLOGY	Students approach Examiner - Adults:	<i>Explanation of formulation of Korean Terms. Basic Korean Courtesies &amp; WTF Terms.</i>

STANCE	TECHNIQUE	NOTES
<b>Proficient with 2<sup>nd</sup> Dan syllabus and below</b>		
PATTERNS x 2	Basic pattern - Geumgang (any) Taebeck	
BOARD BREAKING	Multiple combination 420* Round house kick 180* spinning reverse knife-hand strike Elbow strike (any)	<i>4 boards (5 seconds)</i> <i>1 board</i> <i>1 board</i> <i>1 board</i>
SELF DEFENCE COMBINATION ATTACK	<ul style="list-style-type: none"> <li>• Jab, cross, roundhouse to leg</li> <li>• Jab, cross, front kick</li> <li>• Jab cross, roundhouse, spinning hook</li> <li>• Front kick, jab, cross</li> </ul>	<i>Utilise advanced self-defence techniques including takedowns/throws.</i>
SINGLE HAND SELF DEFENCE	As per combination attacks above +: <ul style="list-style-type: none"> <li>• Lapel grab (single, double)</li> </ul>	<i>Utilise throws &amp; takedowns.</i>
WEAPONS DEMONSTRATION	Shimsung, nunchaks, staff.	<i>At instructors discretion</i>
SWEEPS & THROWS (All)	As per 2 <sup>nd</sup> Dan Syllabus	<i>To be used practically in self defence situations.</i>
ROLLS/BREAKFALLS	Jump forward roll / breakfall Forward flip + side breakfall Forward flip + back breakfall Backward break fall & roll	<i>Over obstacle minimum 50cm in width</i>
SPARRING: Tournament Street (Good control)	2 on 1 / 2 x 1 min rounds 1 on 1 / 2 x 1 min rounds Multiple attackers 1 x 1 min round	<i>WTF rules</i> <i>Throws, locks, and leg kicks permitted</i>
THEORY	<ul style="list-style-type: none"> <li>▪ Written submission – Analysis of the limitations of Taekwondo</li> </ul>	<i>1000 words minimum</i> <i>Minimum 2 weeks prep.</i>
SELF DEVELOPMENT	<ul style="list-style-type: none"> <li>▪ NCAS coaching Accreditation Level 1 or 1<sup>st</sup> Aid Certificate (if under 16 yrs)</li> </ul>	<i>Maintain currency or undertake alternative</i>

**Black 3****2<sup>nd</sup> Dan to 3<sup>rd</sup> Dan****Black IIII**

STANCE	TECHNIQUE	NOTES
<b>Must have proficient knowledge of all prior syllabus.</b>		
PATTERNS x 2	Basic pattern - Geumgang (any) Taebeck, Pyongwon.	
BOARD BREAKING	Multiple combination 420* Round house kick Climbing kick Jump back kick	<i>4 boards (5 seconds)</i> <i>1 board</i> <i>1 board</i> <i>1 board</i>
WEAPON DEFENCE	Against chain (multiple swings - body) Against chain (multiple swings - head) Against chain (multiple swings body) Against gun (front & back of head) Against knife (multiple stabs – body)	<i>Long chain</i> <i>Long chain</i> <i>Double chain</i> <i>Kneeling (execution)</i> <i>continuous</i>
WEAPONS DEMONSTRATION <i>At instructors discretion</i>	Kaegum (shimsung), nunchaku, staff.	<i>Students choice of weapon</i>
BASIC SELF DEFENCE	Lapel grab ( multiple punches to head) Lapel grab (multiple punches to head) Lapel grab (multiple punches to head)	<i>Elbow deflections + sweep</i> <i>Cover, sweep, armbar.</i> <i>Duck/avoid,Takedown, side choke..</i>
SUBMISSIONS	All Triangle choke Omoplata (shoulder lock) Americana (Side Control using leg) Americana (traditional from mount) Triangle choke Kimura Guillotine Basic Arm bar (in mount) Arm bar (from side control) Rear naked choke Calf compression, knee separation Knee Lock Ankle Lock	<i>Attacker:</i> <i>lapel grab (include scissor)</i> <i>Punch (sweep)</i> <i>Swinging arm (neck throw)</i> <i>Punch (sweep)</i> <i>Lapel grab (include scissor)</i> <i>Punch (sweep)</i> <i>Grapel (wrap legs)</i> <i>Punch (sweep)</i> <i>Punch (sweep)</i> <i>Double hand push</i> <i>Front kick</i> <i>Front kick</i> <i>Roundhouse kick</i>

SWEEPS & THROWS (All)	Proficient with all	<i>To be used practically in self defence situations.</i>
ROLLS/BREAKFALLS	Jump forward roll / breakfall Forward flip + back breakfall Forward flip + side breakfall Backward break fall & roll	<i>Over obstacle 1m high 50cm wide, 20cm high.</i>
SPARRING: Tournament Street (Good control)	2 on 1 / 2 x 1 min rounds 2 on 1 / 2 x 1 min rounds Multiple attackers 1 x 1 min round	<i>WTF rules Sweeps, Throws, locks, and leg kicks permitted</i>
THEORY	<ul style="list-style-type: none"> <li>▪ Written submission – as per head instructors instruction</li> </ul>	<i>Minimum 4 weeks prep.</i>
SELF DEVELOPMENT	<ul style="list-style-type: none"> <li>▪ NCAS coaching Accreditation Level 1 or 1<sup>st</sup> Aid Certificate (if under 16 yrs)</li> </ul>	

## The Taekwondo Student Creed – World Taekwondo Federation

Be **loyal** to your country

Be **obedient** to your parents

Be **lovable** with your husband or wife

Be **cooperative** with your brothers and sisters

Be **respectful** of your elders

Be **faithful** with your friends

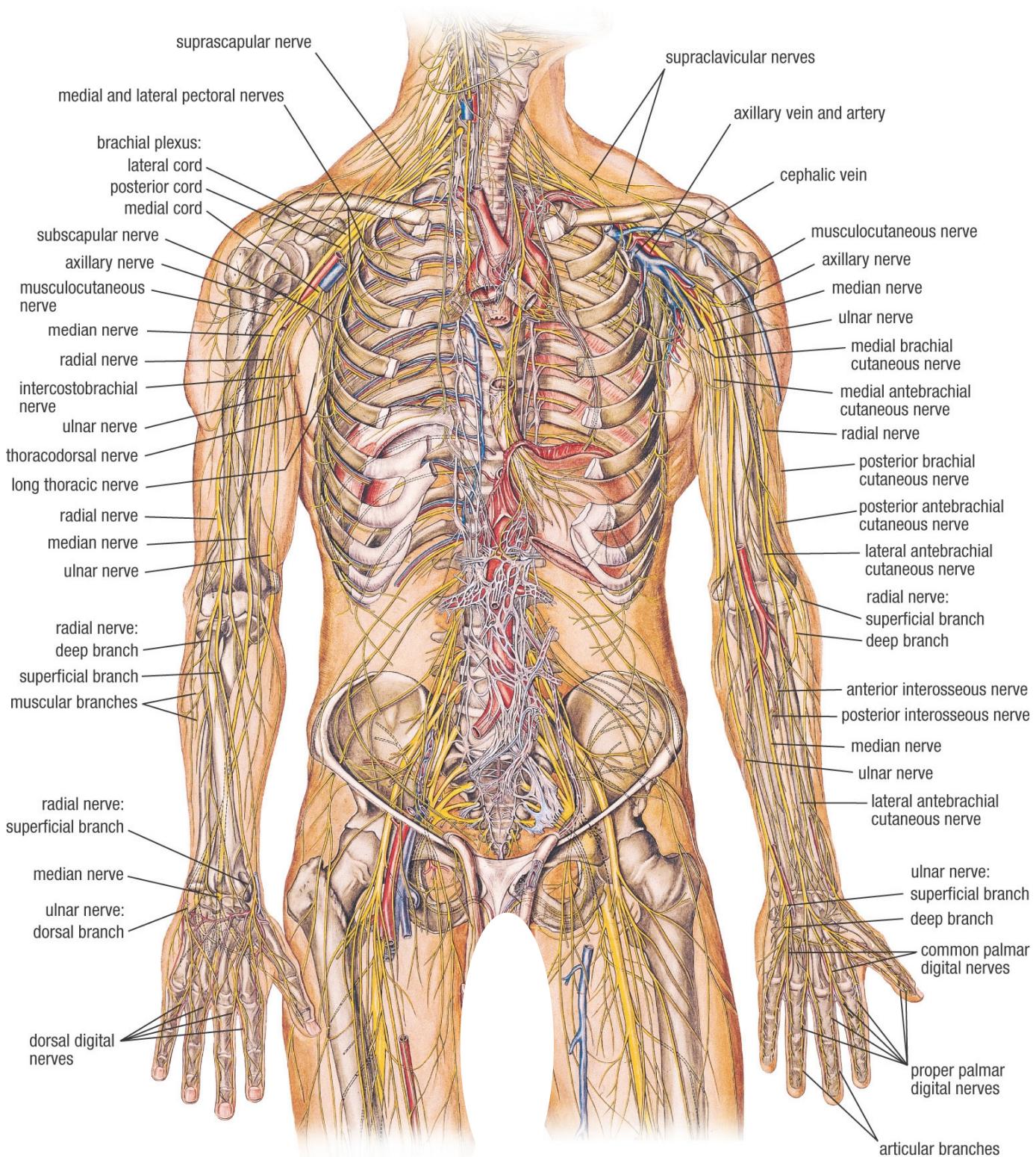
Be **honorable** with your instructor

Be **discreet** with the use of taekwondo, using it justly

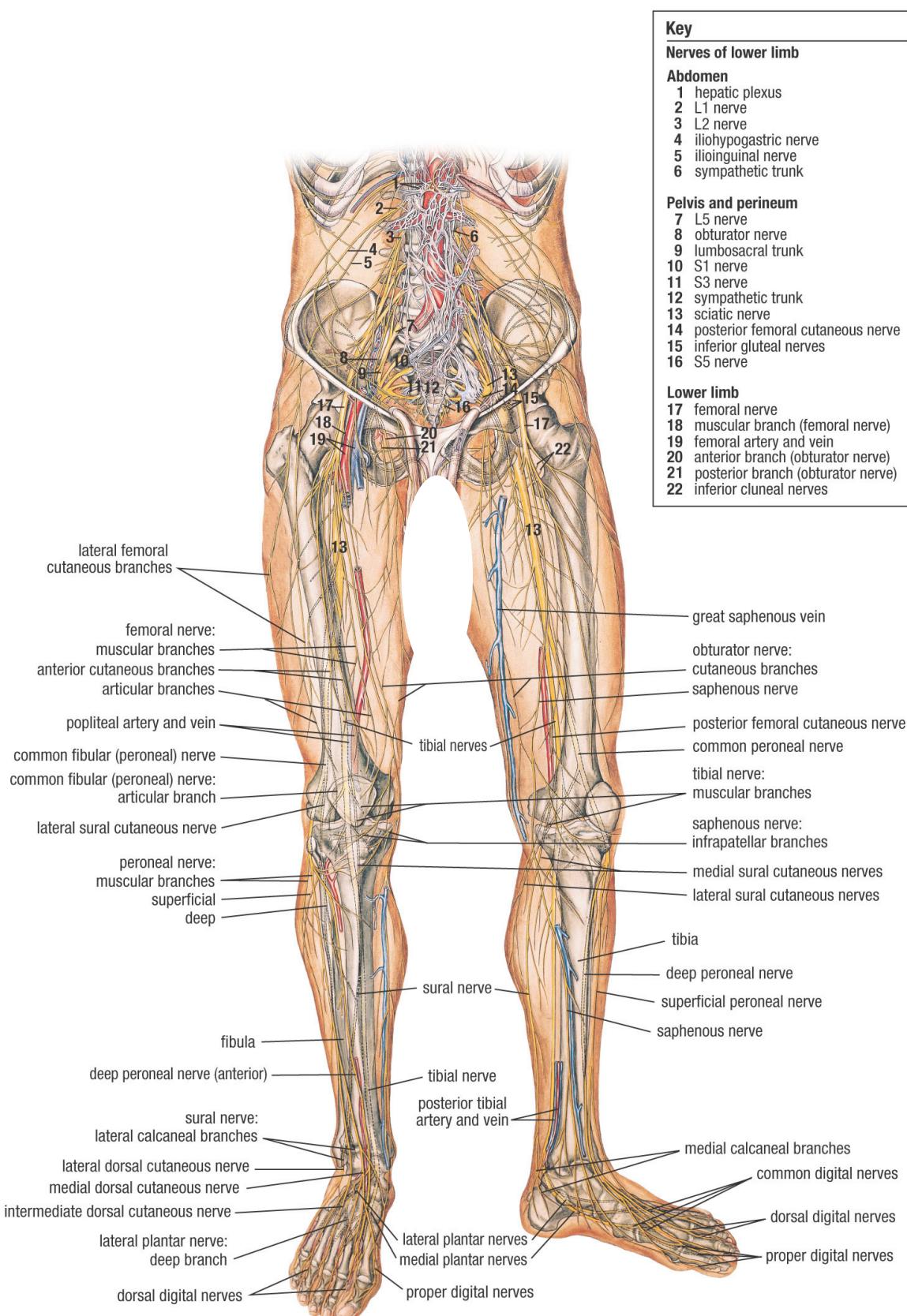
Be **brave**, never retreating in battle

Be **consistent**, always finishing what you start.

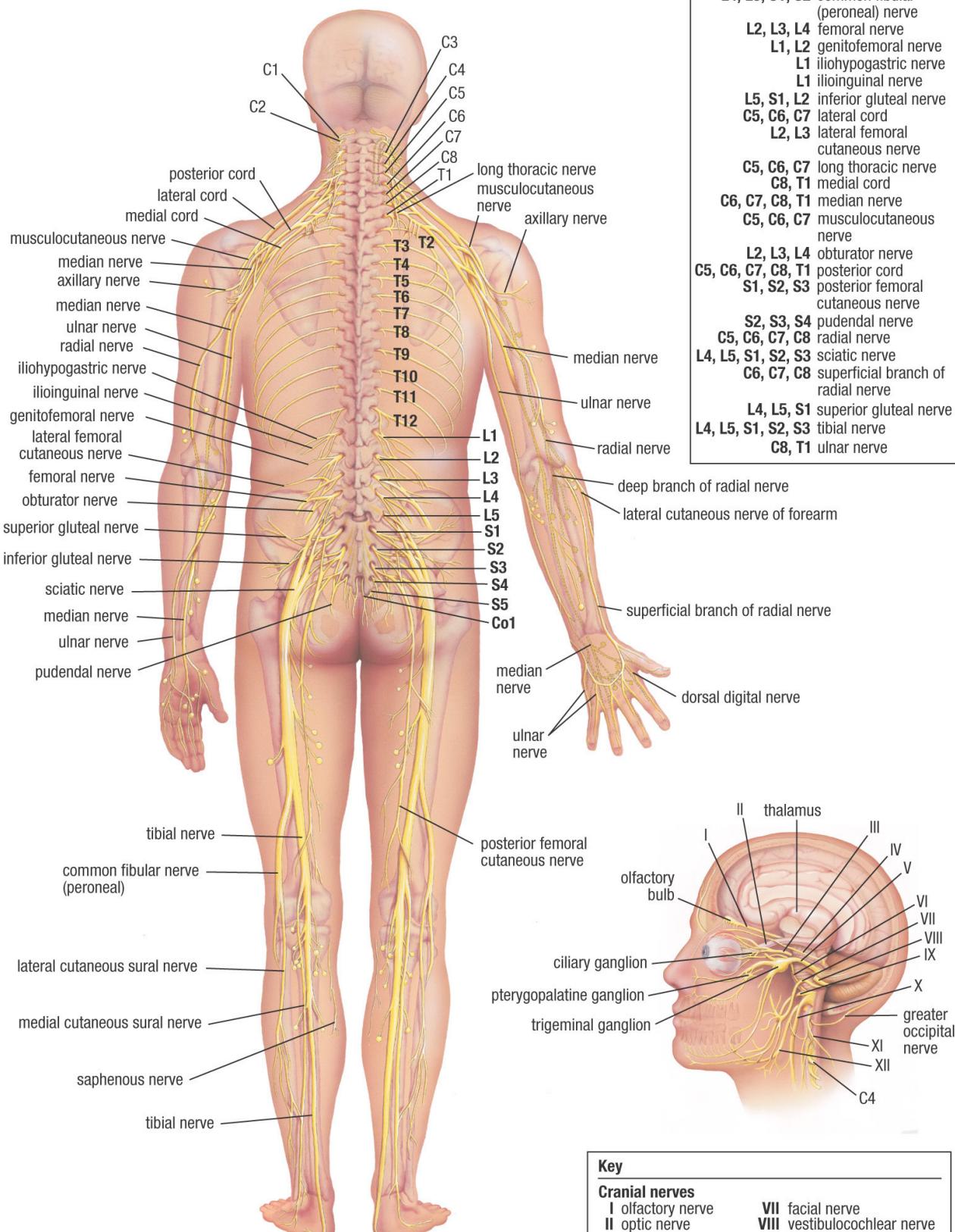
# NERVOUS SYSTEM OF THORAX AND UPPER LIMB (ANTERIOR VIEW)



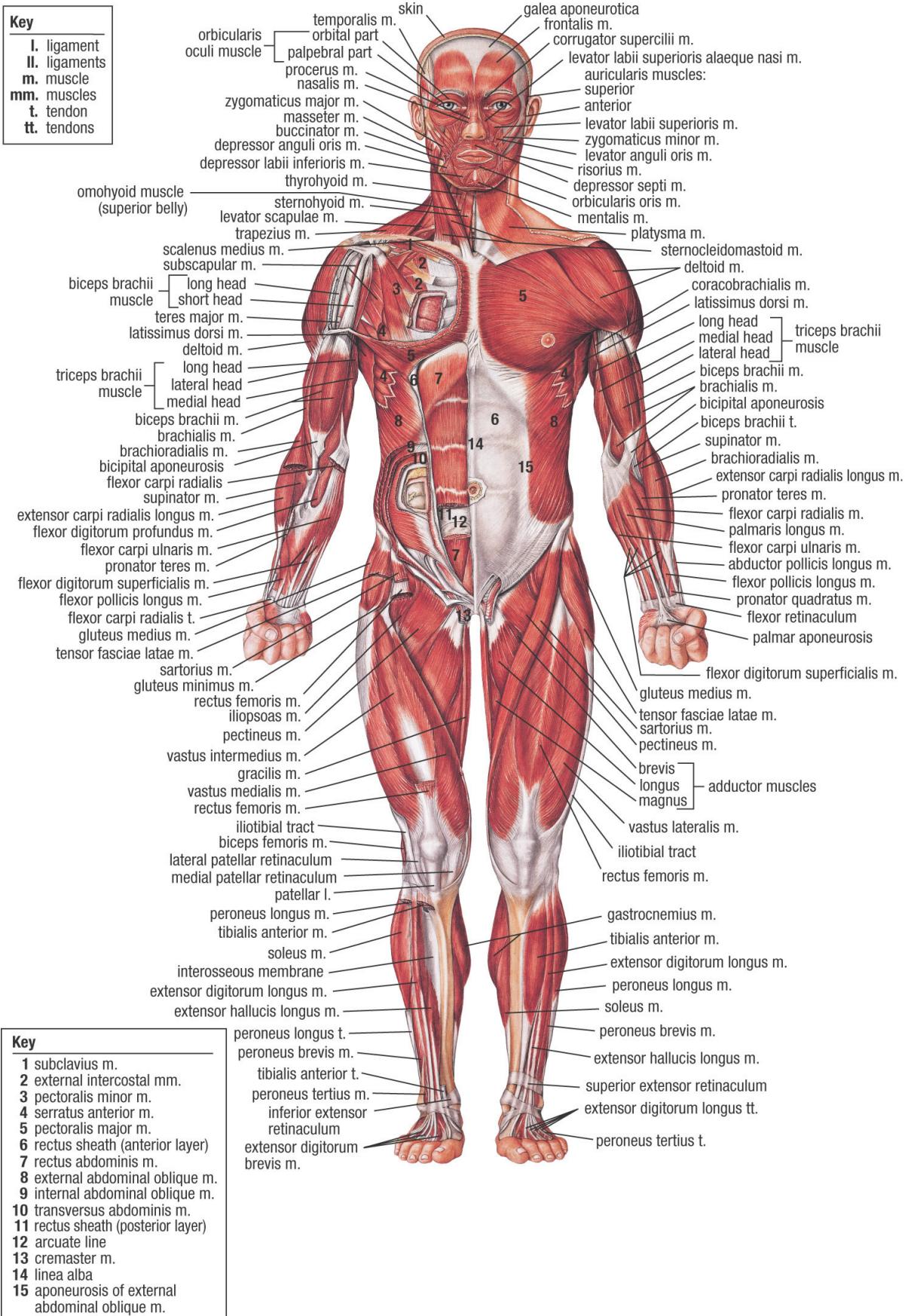
# NERVOUS SYSTEM OF PELVIS AND LOWER LIMB (ANTERIOR VIEW)



# SPINAL AND CRANIAL NERVES

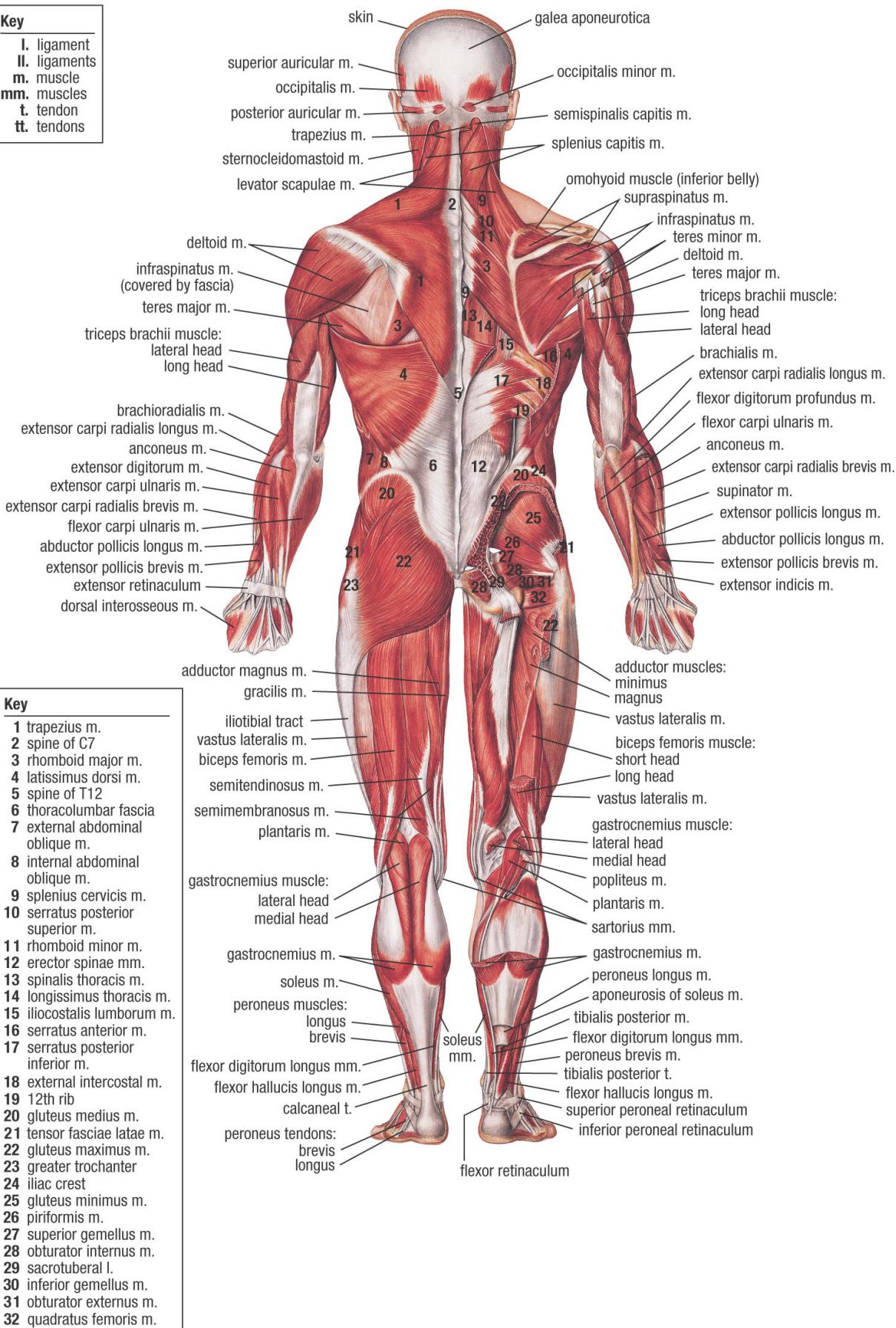


# MUSCULAR SYSTEM (ANTERIOR VIEW)

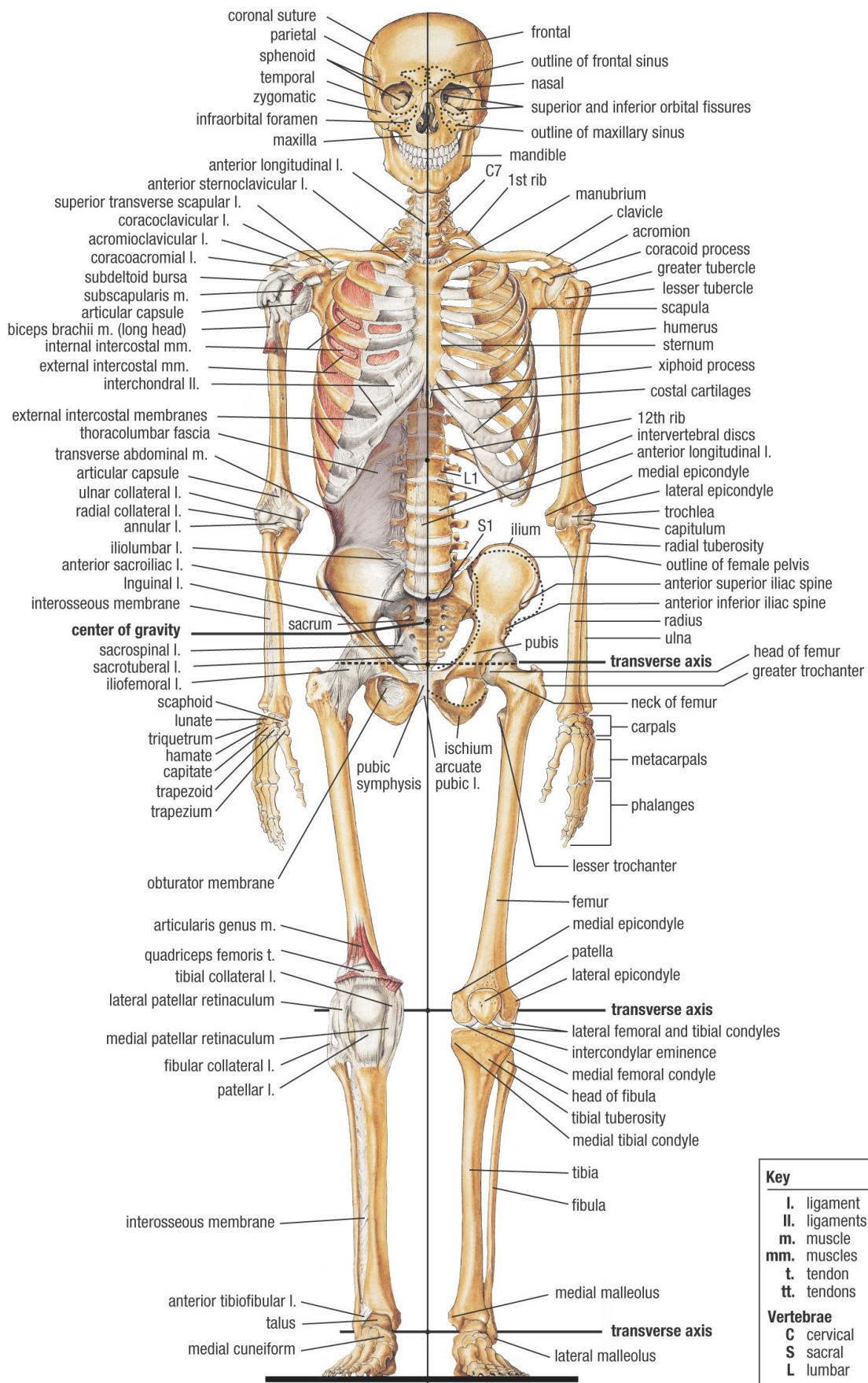


# MUSCULAR SYSTEM (POSTERIOR VIEW)

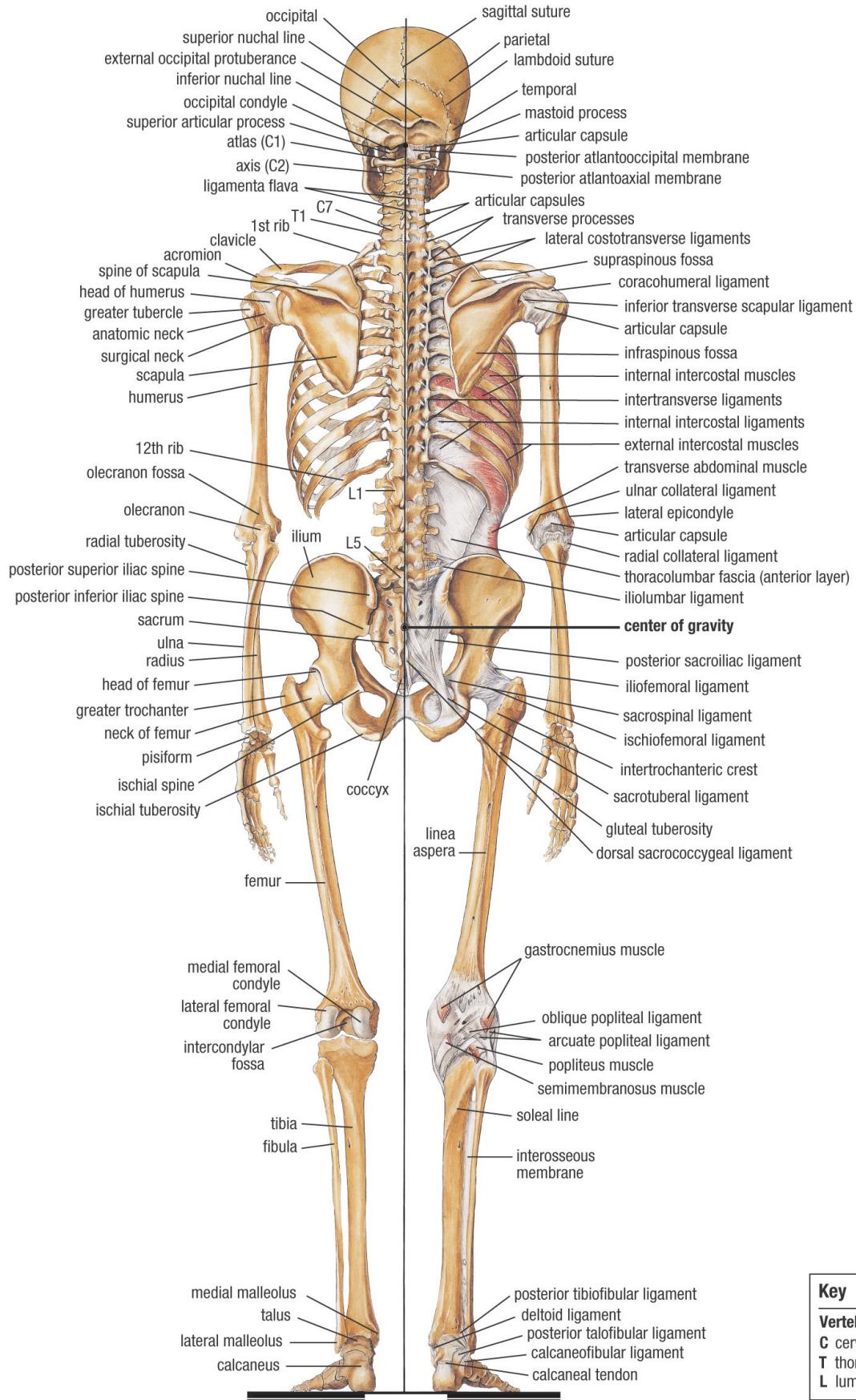
Key	
I.	ligament
II.	ligaments
m.	muscle
mm.	muscles
t.	tendon
tt.	tendons



## SKELETAL ANATOMY (ANTERIOR VIEW)



## SKELETAL ANATOMY (POSTERIOR VIEW)



### Key

<b>Vertebrae</b>
C cervical
T thoracic
L lumbar

## WTF Terminology

Uniform	Do-bok
Gymnasium	Do-jang
School	Kwan
Instructor	Sa-bom-nim
Head Instructor	Kwan-jang-nim
Attention	Cha-ryot
Bow	Kyong-nye
Ready	Chun-bi
Begin	Shi-jak
Separate	Kal-lyo
Continue	Kae-sok
Stop	Ku-man
Yell	Ki hap
Return	Pa-ro
Turn Around	Twi-ro tor-a
At Ease	Shiu
Form	Poom-se/Jang
Free Sparring	Kyo-ro-gi
Three Step Sparring	Sebeon Kyorogi
One Step Sparring	Hanbeon Kyorogi
Blue	Ch'ong
Red	Hong
Left-Right Face	Chwa-u Hyang-u
Turn (sparring term)	Jwa-u Hyang-u
First Round	Il Weh-jeon
Second Round	Yi Weh-jeon
Third Round	Sam Weh-jeon
Come Back To Position	Won-wi-chi
One Warning	Kyong-go Ha-na
Deduction Point	Gam-jum
Chest Protector	Ho-goo
Belt	Dee
Front Kick	Ap Cha-gi
Round House Kick	Doll-yo Cha-gi
Breaking	Kyokpa
Side Kick	Yop Cha-gi
High	Napunde
Middle	Kaunde
Low	Najunde
Body Punch	Momtong Jirugi
Block	Makgi
Left	Wen
Right	Orun
Obverse	Baro
Reverse	Bandae
Stance	Sogi
Sitting	Annun
Walking	Gunnun
Front stance	Ap Seogi
Back/"L" stance	Dwitkubi Seogi
Horseback stance	Juchum Seogi
Tiger stance	Born Seogi
Switch feet and side	Kieote
Student	Jeja
Straighten	Tonsinique
Meditation	Mokium
Class Dismissed	E-sahn
Sit	Honcho
"Faith in Certain Victory"	Pilsung

Attack	Gong Gyuck
Defence	Bang-o
Stance	Seogi
Punch	Jireugi
Stabbing	Chireugi
Kick	Chagi
Block	Makki
Body	Mom
Face	Olgul
Arm	Pal
Hand	Son
Knife Hand	Sonnal
Fist	Jumeok
Palm	Batangson
Wrist	Palmok
Elbow	Palkup
Foot	Bal
Knee	Mureup
Spearhand	Pyonsonkkeut
Self Defence	Hosinsul

### NUMBERS

One / First	Ha-na / II
Two / Second	Dool / Ee
Three / Third	Set / Sum
Four / Fourth	Net / Sar
Five / Fifth	Da-sot / Oh
Six / Sixth	Yo-sot / Yuk
Seven / Seventh	Il-gop / Ch'ill
Eight / Eighth	Yeo-dul / P'al
Nine / Ninth	A-hop / Ku
Ten / Tenth	Yeol / Ship
Twenty	Su-mul
Thirty	So-run
Forty	Ma-hun
Fifty	Schwin
Sixty	Yeh-sun
Seventy	Ihr-run
Eighty	Yowh-dun
Ninety	A-hun
One Hundred	Paek

## **Brief History of Taekwondo**

- The origin of Taekwondo in Korea can be traced back to between 37 and 50 B.C.
- Taekwondo which was then termed “Subak Do” was practiced as a skill to improve health, a sport and also an effective martial art which was used by the military. Subak Do is believed to be at its most popular between 1147 and 1170 A.D.
- Subak Do became an important National sport for Korea.
- The Japanese invaded Korea in 1910 A.D. and forbid the practice of martial arts because it was an effective fighting art that could be used against the Japanese.
- The Japanese were forced out of Korea on August 15, 1945 and the martial art once again flourished.
- On September 16<sup>th</sup> 1961 the Korea Taekwondo Association was established.
- On October 9, 1963 Taekwondo started to develop the competition rules and protective equipment, advanced versions of which we now use today.
- Taekwondo was taken to the rest of the World and in 1973 the KTA broke into two separate Taekwondo organizations - World Taekwondo Federation (WTF) and the International Taekwondo Federation (ITF).
- WTF Taekwondo concentrates on the Taeguk patterns and is more sports orientated whilst ITF Taekwondo is more traditional and utilised the Pulgwe patterns.
- WTF Taekwondo is full contact (with protective padding) where ITF Taekwondo is semi-contact.
- In 1988 and 1992 WTF Taekwondo was adopted as a demonstration sport in the Olympics.
- In 1994 WTF Taekwondo was adopted as an official sport for the Olympic Games and in the 2000 Olympic Games Taekwondo had its first official Olympic Tournament.
- There will probably never be a union with WTF & ITF in Taekwondo.
- Current history: Taekwondo Australia (TA) Vs. Sports Taekwondo Australia (STA) – research current events regarding the split in Australia between the two main Taekwondo bodies in WTF Formation of STAL as the National Managing Organisation merging TA & STA.
- Current issues with Kukkiwon “skip grading system” and current proposal for restriction on head instructors grading black belts above 2<sup>nd</sup> Dan.