



Grading Syllabus – 3rd Kup (Red stripe) to 2nd Kup (Red belt)

You will be required to perform the following exercises consistently and accuracy as instructed.

1. Various basic techniques from previous gradings
2. Various blocks, kicks and strikes relevant to your grade
3. Semi free sparring
4. One step sparring
4. Pattern: Your choice
5. Pattern: Joong-Gun
6. Pattern: Toi-Gye
7. Other previous patterns
8. Padwork various kicks and hand techniques
9. Free sparring
10. Any combinations from previous gradings

Stances must be of the required distance. Correct weight distribution should be maintained at all times. Particular attention will be paid to both hand positions and body alignment. Confidence and attitude will also be considered during the grading.

Always address the instructor and the grading examiner as “Sir”.

You will also be expected to answer up to 5 questions from the following correctly:

73. Korean for any technique from pattern Toi-Gye?
74. Korean for any technique relevant to your grade?
75. What is the interpretation of pattern Toi-Gye?

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree of latitude, and the diagram represents “scholar”.

76. What does the colour Red signify?

Red signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.

77. Any of the previous questions may be asked.