



Grading Syllabus - 8th Kup (Yellow belt) to 7th Kup (Green stripe)

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

1. Sitting Stance Double Punch
2. L-Stance Twin forearm block
3. Walking Stance Front kick double punch
4. Walking Stance Middle block Reverse Punch
5. L-Stance Forearm guarding block
6. L-Stance Turning kick guarding block
7. Pattern: Chon-Ji
8. Pattern: Dan-Gun
9. Pad work - turning kicks, punches, axe kicks
10. Any combinations from previous grading.

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:

33. What is twin forearm block in Korean? Sang palmok makgi (Sang Pal-mock- makk-ee)
34. What is Front kick double punch in Korean?
Ap chagi doo jirugi (App Chagg-ee Doo Jeer-oog-ee)
35. What is outer forearm in Korean? Bakat palmok (Back-at Pal-mock)
36. What is inner forearm in Korean? An palmok (Ann Pal-mock)
37. What is Forearm guarding block in Korean?
Palmok Daebi makgi (Pal-mock Debb-ee makk-ee)
38. What is high section punch in Korean? Nopunde Jirugi (No-pund-ay Jeer-oog-ee)
39. What is heel in Korean? Dwit chook (Dwitt Chuck)
40. What is ball of the foot in Korean? Ap kumchi (App kum-chee)
41. What is footsword in Korean? Balkal (bal-kal)
42. What is the interpretation of pattern Dan-Gun?
Dan-Gun is named after the holy "Dan-Gun", the legendary founder of Korea in the year 2333 B.C.
43. Any of the previous questions may be asked.