



Grading Syllabus - 7th Kup (Green stripe) to 6th Kup (Green belt)

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

1. Sitting Stance Triple Punch
2. Walking Stance Back fist side strike
3. L-Stance Turning kick knife hand guarding block
4. Walking Stance wedging block
5. L-Stance Side kick forearm guarding block
6. Walking Stance Fingertip thrust
7. Pattern: Dan-Gun
8. Pattern: Do-San
9. Pad work from the following techniques - Turning kicks, punches, axe kicks, side 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:

43. What is Turning kick knife hand guarding block in Korean?
Dollyo Chagi Sonkal Daebi makgi (Doll-ee-oh Chagg-ee Son-kal Debb-ee makk-ee)
44. What is wedging block in Korean? Hetchyo makgi (Het-chee-oh Makk-ee)
45. What is side kick guarding block in Korean?
Yop chagi Daebi makgi (Yopp Chagg-ee Debb-ee makk-ee)
46. What is Straight fingertip thrust in Korean? Sun sonkut tulgi (Sunn son-kutt Tull-gee)
47. What is Backfist strike in Korean? Dung Joomuk Taerigi (Dung Joo-mukk Tair-eeg-ee)
48. What is the interpretation of pattern Do-San?
Do-San is the pseudonym of the patriot Ahn Chang-Ho. Who devoted his entire life to furthering the education of Korea and it's independent movement.
49. What does the colour green signify?
Green signifies the plants growth as the Taekwondo skill begins to develop.
50. Any of the previous questions may be asked.