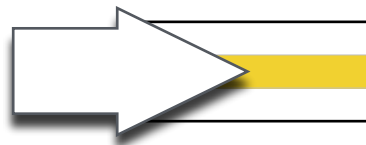


Grading Syllabus

10th Kup White Belt – 9.5th Kup Yellow stripe belt

Student 4 - 7 years of age



Example

Student competence

Instructor Approval

Name

Date

Hyung / Poomse

Traditional Hyung - Basic form one: Ki Cho Il Boo (8 movements only)

One count one movement - With assistance.

NB: Maintain a good low stance throughout the pattern, cross your arms on all blocks. Be careful of your back leg bending.



Basic techniques

Middle Punch	Low Punch	High Punch	Punch Combination
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NB: Keep both knees bent and straight back, use hips with punching



Basic Kicks

Front Kick	Turning Kick	Push Kick	Axe Kick
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NB: Knee action is vital, always land with a guard.



3 Step Sparring

Attacker: Middle punch - Defence: Inner block		
Front leg front Kick to body	Hammer-fist to collar.	Middle Punch to the Solar Plexus

NB: Block strong, perform counter techniques with accuracy and ki hup.



Breaking - 3 Attempts, 2 minutes from 1st Ki-Hup.

Hammer-fist strike.

NB: Correct position is vital, set up your break and aim past the wood with aloud ki hup



Fitness

Push up's	5	Sit up's	5	Squat Kicks	5
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Overall Character Development

1. Etiquette – Bowing, respect towards others & presentation.
2. Spirit – Passionate Ki-Hup, focus, effort.



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Grading Nomination Approval

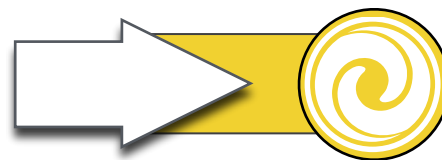
Instructor Approval

Instructor signature

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Grading Syllabus

10th Kup White Belt – 9th Kup Yellow Belt



Example

Student competence

Instructor Approval

Name

Date

Hyung / Poomse

Traditional Hyung - Basic form one: Ki Cho Il Boo

NB: Maintain a good low stance throughout the pattern, cross your arms on all blocks. Be careful of your back leg bending.

Basic techniques - All techniques performed in horse stance.

Middle Punch	Low Punch	High Punch	Punch Combination
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NB: Keep both knees bent and straight back, use hips with punching

Hand basic's in long front stance, moving backward and forwards.

Low block	High block	Inner middle block	Middle Punch
Outer middle block	Hammer fist strike	Back fist strike	Palm strike

Basic Kicks

Front Kick	Turning Kick	Push Kick	Axe Kick
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NB: Knee action is vital, always land with a guard.

3 Step Sparring (Set)

1. Attacker: Middle punch.	Defender: Outer block, rear leg front Kick, reverse punch.
2. Attacker: Head punch.	Defender: Head block, double mid punch, Palm strike to the nose.
3. Attacker: Middle punch.	Defender: Inner block, spin behind elbow strike to rib's (horse stance).

NB: Block strong, perform counter techniques with accuracy and ki hup.

Breaking - 3 Attempts, 2 minutes from 1st Ki-Hup.

Front kick - With the ball of the foot

NB: Correct position is vital, set up your break and aim past the wood with a loud Ki hup

Fitness	Push up's	Sit up's	Squat Kicks
Kids	10	10	10
Adults	15	15	15

NB: All student over 13 years of age must perform push up's on knuckles. Hands on stomach for sit ups.

Overall Character Development

1. Etiquette – Bowing, respect towards others & presentation.
2. Spirit – Passionate Ki-Hup's, focus, effort.

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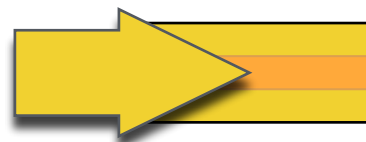
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Grading Syllabus

9th Kup Yellow Belt – 8th Kup Orange stripe



Example

Student competence

Instructor Approval

Name

Date

Poomse / Hyung

WTF Poomse	Traditional Hyung	<input type="checkbox"/>
Taeguek Il Jang Taeguek no 1	Basic form 2 (Ki Cho E)	<input type="checkbox"/>

Basic Hand Techniques & Combinations - Hand basic's in long stance, moving backward and forwards.

Knife hand Low block	Knife hand High block	Outer forearm block	Outer middle block	<input type="checkbox"/>
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NB: Tightly closed fist on the hip, keep your wrist straight with knife hand. Cross your arms with all blocks.

1. Lower block (walking Stance), middle punch (front stance). **NB:** We are looking for good stance changes.
3. Lower block (front st), hammer fist strike (walking stance) **NB:** Use both arms on strikes.
4. Lower block, Palm hand strike (long stance).
5. Lower block walking stance, front kick, double middle punch front stance **NB:** Perform smoothly.

Basic Kicks

Front kick, push kick	Angle kick, Turning kick	In to out Crescent	Out to in Crescent Axe	<input type="checkbox"/>
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NB: Show the difference in knee actions, Show difference in body turn, Keep body up and straight.

3 Step Sparring (Set)

1. Attacker: Middle punch.	Defender: Outer forearm block, reverse punch, shift into Horse stance, elbows strike (same hand).	<input type="checkbox"/>
2. Attacker: Head punch.	Defender: Head block, knife hand to neck, punch solar plexus (same hand).	<input type="checkbox"/>
3. Attacker: Middle punch.	Defender: Inner block, rib punch, step through into horse stance, under arm lock and take down (must display safety and control).	<input type="checkbox"/>

NB: We are looking for strong blocks and good stances, work on distance when stepping backwards. Counter sharp with loud Ki-Hup.

Ho Sin Sul - set

Wrist Grab Defence (same side)	Grab defence # 1 - Up	Grab defence # 2 - Down	<input type="checkbox"/>
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NB: Must demonstrate effective release with follow- up counter.

Free Sparring

No contact Technique sparring	<input type="checkbox"/>
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NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.

Breaking - 3 Attempts, 2 minutes from 1st Ki-Hup.

Elbow strike - up to 8yrs	Turning kick - 9yr + NB: Use ball of foot.	<input type="checkbox"/>
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NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.

Fitness	Push up's	Sit up's	Squat Kicks	<input type="checkbox"/>
Kids	15	15	15	<input type="checkbox"/>
Adults	20	20	20	<input type="checkbox"/>

NB: All student over 13 years of age must perform push up's on knuckles. Hands on stomach for sit ups.

Overall Character Development

1. Terminology – Counting to ten in Korean, basic names of blocks and kicks.
2. Etiquette – Bowing, respect towards others & presentation.
3. Spirit – Passionate Ki-Hup's, focus, effort.

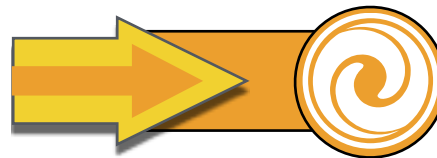
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Instructor Approval

Instructor signature

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Grading Syllabus

8th Kup Orange stripe – 7th Kup Orange Belt

Example

 Student competence Instructor Approval

Name

Date

Poomse / Hyung

WTF Poomse	Traditional Hyung	<input type="checkbox"/>
Taeguk Yi Jang - Taeguk no 2	Basic 3 (Ki Cho Sam)	<input type="checkbox"/>

Basic Hand Techniques

1. Back stance, inner block. **NB: Ensure both arm swing behind on block**
2. Back stance, outer-block, step into horse stance side attack (Mid punch).
3. Back stance, outer forearm block (knife hand). **NB: Ensure wrist is straight**
4. Back stance, knife hand head block **NB: Ensure head block is in correct position above the head**
5. Back stance, single knife hand strike (Neck).
6. Back stance, tiger mouth strike

Basic Kicks

Side Kick	Back Kick	Side kick, Back Kick	Front, Angle, Turn	Tuning kick, Back kick	<input type="checkbox"/>
					<input type="checkbox"/>

NB: Make sure you have full body turn when lifting your knee,**NB: Turn your head and look where you are kicking****3 Step Sparring (Set)**

1. Attacker: Middle punch.	Defender: Inner block Knife hand, Spinning Elbow, Arm bar across neck, leg reap take down, horse stance, low reverse punch.	<input type="checkbox"/>
2. Attacker: Face punch.	Defender: Head block, elbow strike side attack, upper cut punch (same hand).	<input type="checkbox"/>
3. Attacker: Back fist.	knife hand high block(grab), front leg front kick, reverse punch. Step through to shoulder lock take down.	

NB: We are looking for strong blocks and good stances, work on distance when stepping backwards. Count**Ho Sin Sul - set**

Wrist Grab Defence (same side and cross grab)	Grab defence # 3 - Across	<input type="checkbox"/>
		<input type="checkbox"/>

NB: Must demonstrate effective release with follow- up counter.**Free Sparring**

No contact technical sparring: 2 rounds of 2:00.	<input type="checkbox"/>	
		<input type="checkbox"/>

NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.**Breaking - 3 Attempts, 2 minutes from 1st Ki-Hup.**

Side kick or axe kick - up to 8yrs	Side kick 9yrs +	<input type="checkbox"/>
		<input type="checkbox"/>

NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.

Fitness	Push up's	Sit up's	Squat Kicks	<input type="checkbox"/>
Kids	20	20	20	<input type="checkbox"/>
Adults	30	30	30	<input type="checkbox"/>

NB: All student over 13 years of age must perform push up's on knuckles.**Hands on stomach for sit ups.****Overall Character Development**

1. Terminology – Counting to ten in Korean, basic names of blocks and kicks.
2. Etiquette – Bowing, respect towards others & presentation.
3. Spirit – Passionate Ki-Hup's, focus, effort.

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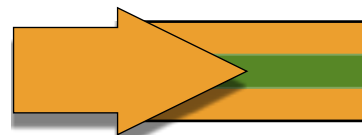
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Grading Syllabus

7th Kup Orange Belt – 6th Kup Green stripe Belt



Example

Student competence

Instructor Approval

Name

Date

Poomse / Hyung

WTF Poomse	Traditional Hyung	<input type="checkbox"/>
Taeguek Sam Jang - Taeguek no 3	Pyong Ahn Cho Dan	<input type="checkbox"/>

Basic Hand Techniques

1. Double low knife hand block in back stance
2. Palm block (down) back stance, reverse spear finger strike.
3. Supported forearm block in front stance.
4. Reverse outer forearm block(knife hand), in long stance.
5. Palm block (back stance), back kick, horse stance knife hand strike.
6. Turning kick, knife hand strike (Long stance)



Basic Kicks

Step (behind)Side	Front, side, turning kick	Inner crescent kick	Outer crescent kick	<input type="checkbox"/>
Outer crescent kick, turning Kick		Inner crescent kick, back kick		<input type="checkbox"/>

3 Step Sparring - Creative

Middle Punch	Face Punch	Hammer Fist	<input type="checkbox"/>
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NB: This is your time to display your skills, in 3 step we are looking for solid basics and accuracy in your targets. Spirit is vital & always step away ready in guard.



Ho Sin Sul

Attack: Stepping cross (punch to the face)		<input type="checkbox"/>
Leg reap take down	Outer block reverse punch, hip throw	<input type="checkbox"/>

Free Sparring

Light contact technical sparring: 2 rounds of 2:00.	<input type="checkbox"/>
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NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.



Breaking - 3 Attempts, 2 minutes from 1st Ki-Hup.

Back kick	<input type="checkbox"/>
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NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.



Fitness	Push up's	Sit up's	Squat Kicks	<input type="checkbox"/>
Kids	25	25	25	<input type="checkbox"/>
Adults	40	40	40	<input type="checkbox"/>

NB: All student over 13 years of age must perform push up's on knuckles.

Hands on stomach for sit ups.

Overall Character Development

1. Terminology – Counting to ten in Korean, basic names of blocks and kicks.
2. Etiquette – Bowing, respect towards others & presentation.
3. Spirit – Passionate Ki-Hup's, focus, effort.

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Instructor signature

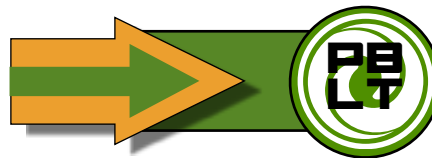
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Grading Syllabus

6th Kup Green stripe – 5th Kup Green Belt Belt**J.S.A. requirements: Min 5 hours leadership or PBLT project.**

Name

Date



Example

 Student competence Instructor Approval**Poomse / Hyung**

WTF Poomse	Traditional Hyung	<input type="checkbox"/>
Taeguek Sah Jang Taeguek no 4	Pyong Ahn E Dan	<input type="checkbox"/>

Basic Hand Techniques

1. Knife hand low block, knife hand strike to neck, back stance (same hand- show twist on knife hand).
2. Knife hand head block, reverse knife hand strike to the neck (same time) front st, front kick, reverse punch. **NB: Put your body behind this (hip action).**
3. Double knife hand guard, front kick(FW), side kick (backwards - same leg), landing forwards in back stance knife hand guard.
4. Head block, mid reverse punch, side kick, elbow smash in front stance. **NB: Ensure correct position at the end, keep elbow inline with shoulders.**

Basic Kicks

Rear leg Hook kick	Front kick, turning kick (same leg)	Spin kick (followed by step)	<input type="checkbox"/>
Reverse hook kick (AKA Spinning Hook kick)	Turning Kick, spin kick		<input type="checkbox"/>

3 and 1 Step Sparring - Creative

Face Punch	Front Kick (1 step)	Turning Kick (1 step)	<input type="checkbox"/>
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NB: This is your time to display your skills, in 3 step we are looking for solid basics and accuracy in your targets. Spirit is vital & always step away ready in guard.

Ho Sin Sul

Hooking punch	Ear grab	Full nelson grab	<input type="checkbox"/>
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NB: All defence techniques should be efficient and fast, awareness is important, be careful not leave yourself open for following attacks.

Free Sparring

Light contact technical sparring: 2 rounds of 2:00.	<input type="checkbox"/>
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NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.

Breaking - 3 Attempts, 2 minutes from 1st Ki-Hup.

Spin Kick	<input type="checkbox"/>
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NB: Demonstrate full range and complete techniques, whilst displaying accuracy and control.

Fitness	Push up's	Sit up's	Squat Kicks	<input type="checkbox"/>
Kids	30	30	30	<input type="checkbox"/>
Adults	50	50	50	

NB: All student over 13 years of age must perform push up's on knuckles. Hands on stomach for sit ups.

Overall Character Development

1. Terminology – Counting to ten in Korean, basic names of blocks and kicks.
2. Etiquette – Bowing, respect towards others & presentation.
3. Spirit – Passionate Ki-Hup's, focus, effort.

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