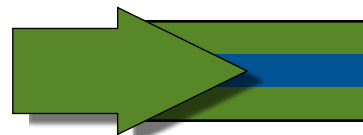


Grading Syllabus

5th Kup Green Belt – 4th Kup Blue stripe Belt

Example

 Student competence Instructor Approval

Name

Date

Poomse / Hyung

WTF Poomse	Traditional Hyung	<input type="checkbox"/>
Taeguek Oh Jang Taeguek no 5	Pyong Ahn Sam Dan	<input type="checkbox"/>

Basic Hand Techniques

- Reverse outer forearm block(knife hand), long stance, turning kick, reverse mid punch.
- Mid punch front stance, reverse stance pull back to break balance (guarding head), spin behind into horse stance back fist.
- Outer forearm block tiger st, reverse Straight punch. **NB: Generate your power from you hip.**
- Front st, reverse scooping block, front stance. **NB: Emphasise arm cross on scoop and back fist.**

Basic Kicks - (all kicks for Back Stance Guarding block)

- Front leg hook kick, turning kick (same leg), back kick. **NB: Knee action is the key, perform smoothly.**
- Front leg turning kick, reverse sweep (step fwd) **NB: Get your whole body down for the sweep.**
- Front sweep.
- Step behind side kick.
- Jump front kick **NB: We are looking for height.**

1 Step Sparring - Creative

Face Punch	Middle Punch	Turning Kick	Front Kick	<input type="checkbox"/>
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NB: 1 step should be performed much faster and more real, we are looking for more advanced techniques to be performed and would like to see take downs providing your partner can break fall.

Ho Sin Sul

Circular self-defence (No weapons)

NB: Display awareness,fast efficient technique. Finish each opponent.

Free Sparring

Light contact WTF technical sparring (Padded) :2 rounds of 2:00. Light contact all in sparring (Padded):2 rounds of 2:00. **NB: strikes only - No Take downs**

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

Jump front kick (4 step run up)

NB: Focus on knee lift.

Fitness	Push up's	Sit up's	Squat Kicks	<input type="checkbox"/>
Kids	35	35	35	<input type="checkbox"/>
Adults	60	60	60	

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

Overall Character Development

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

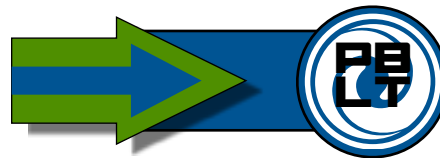
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Grading Syllabus

4th Kup Blue Tag– 3rd Kup Blue Belt**J.S.A. requirements: Min 5 hours leadership or PBLT project.**

Example

 Student competence Instructor Approval

Name

Date

Poomse / Hyung

WTF Poomse	Traditional Hyung	Spirit
Taeguk Yuk Jang Taeguk no 6	Pyong Ahn Sah Dan	Kicking Form 1

**Basic Hand Techniques**

1. Palm block (across), back fist (same arm), reverse punch in Tiger Stance.
2. Low X block, high X block, low side kick, reverse punch. **NB: Pull hand to one side of the hip on kick)**
3. Crescent kick, horse stance shoulder block, back fist strike. **NB: Pull back fist to hip following strike.**

**Basic Kicks - (all kicks for Back Stance Guarding block)**

1. Skip side kick (Step behind).
2. Forward sweep, reverse sweep.
3. 360 Turning kick.
4. 360 Back kick.
5. Crescent kick, 360 Crescent kick
6. 360 Spin kick

**1 Step Sparring - Creative**

Middle Punch	Turning Kick	Front Kick	Spinning Kick
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NB: 1 step should be performed much faster with more realism. We are looking for the application of advanced technique.

Ho Sin Sul

Attacker: Downward attack	Attacker: Lunge attack	Attacker: Slash attack
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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 WTF technical sparring: (Padded) - 2 rounds of 2:00.
Light contact all in sparring: (Padded) - 2 rounds of 2:00.

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

3 break combo – hand & kicking techniques (5 sec time limit)
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Fitness	Push up's	Sit up's	Squat Kicks
Kids	40	40	40
Adults	70	70	70



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.

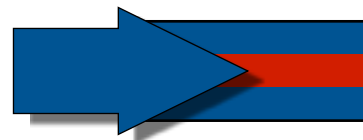
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Grading Syllabus

3rd Kup Blue Belt – 2nd Kup Red Tag

Example

 Student competence Instructor Approval

Name

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Date

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Poomse / Hyung

WTF Poomse	Traditional Hyung	Spirit	<input type="checkbox"/>
Taeguk Chil Jang Taeguk no7	Pyong Ahn Oh Dan	Kicking Form 2	<input type="checkbox"/>

Basic Hand Techniques

- Reverse Ridge Hand Strike, long stance.
- High block, low forearm block, inner block, outer block (inner forearm knife hand) in tiger stance. **NB: All block with same arm. Execute as one fluid motion.**
- Reverse outer forearm block (back stance), inner block (elbow break), side kick.
- Wedging block, skip fwd ,twin hammer strike to the body (attacking ribs on both sides) - From Bassi.

Basic Kicks - (all kicks for Back Stance Guarding block)

- Front kick (Forward), Side kick (Left/Right) same leg (Do not put your foot down). **NB: Keep knee high.**
- Cut kick, Reverse sweep.
- Turning kick, skip back kick.
- Twisting Front kick
- Double Jump Front Kick (feet together) **NB: Land light**
- Back Kick, front sweep.

1 Step Sparring - Creative

Middle Punch	Turning Kick	Front Kick	Spinning Back Fist	Spinning Kick	<input type="checkbox"/>
					<input type="checkbox"/>

NB: 1 step should be performed much faster with more realism. We are looking for the application of advanced technique.

Ho Sin Sul

Circular self-defence - No weapons

Singular weapon defence

Using Dang bong, Knives for students over 15 years.

Free Sparring

Light contact WTF technical sparring: (Padded) -2 rounds of 2:00.

Light contact all in sparring: (Padded) -2 rounds of 2:00.

2 Attackers Light contact sparring (Padded) - 1 rounds of 2:00.

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

3 break combo – 1 hand & 2 kicking techniques

Fitness

	Push up's	Sit up's	Squat Kicks
Kids	45	45	45
Adults	80	80	80

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

Overall Character Development

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

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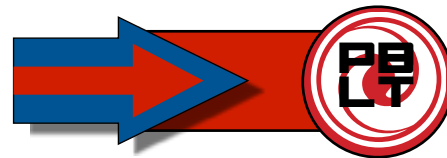
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Grading Syllabus

2nd Kup Red Tag – 1st Kup Red Belt**J.S.A. requirements: Min 10 hours leadership or PBLT project.**

Example

 Student competence Instructor Approval

Name

Date

Poomse / Hyung

WTF Poomse	Traditional Hyung	Spirit	<input type="checkbox"/>
Taeguek Pal Jang Taeguek no 8	Bassi	Kicking Form 3	<input type="checkbox"/>

Technical Combinations. Inner crescent kick, 'U' shape punch (groin / face).

1. Inner crescent kick, 'U' shape punch (groin / face).
2. Reverse side kick, spin behind low hammer strike (Long stance), knife hand strike to the neck(same hand).
3. Wedging block, mid section front kick, Elbow upper cut.
4. Mid reverse outer knife hand block in back stance, inner elbow strike op arm (round), knife hand strike to neck same hand.
5. Back hand strike to face, palm heel to groin (pelvis) long stance, whilst guarding head, pull back into back stance.

Basic Kicks - (all kicks for Back Stance Guarding block)

1. 360 Turning Kick, drop sweep, front sweep.
2. Dog's paw crescent kick, Side Kick (same leg), Spin kick.
3. Front Kick (forward), back kick(behind) - (same leg)
4. Rear leg skip side kick to the side (Must land in front): **NB: Lift rear knee for lift and correct chamber.**

1 Step Sparring - Creative

Middle Punch	Turning Kick	Front Kick	Spinning Back Fist	Spinning Kick	<input type="checkbox"/>
					<input type="checkbox"/>

NB: 1 step should be performed much faster and more real, we are looking for more advanced techniques to be performed and would like to see take downs providing your partner can break fall.

Ho Sin Sul

Circular self-defence - No weapons	<input type="checkbox"/>
Circular weapon defence	<input type="checkbox"/>

NB: Must control opponents with appropriate force. Using Dang bong, Knives for students over 15 years.

Free Sparring

Light contact WTF technical sparring: (Padded) -2 rounds of 2:00.	<input type="checkbox"/>
Light contact all in sparring: (Padded) -2 rounds of 2:00.	<input type="checkbox"/>
2 Attackers Light contact all in sparring: (Padded) -2 rounds of 2:00.	

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

4 break combo – 2 hand & 2 kicking techniques	<input type="checkbox"/>
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Fitness

	Push up's	Sit up's	Squat Kicks
Kids	50	50	50
Adults	90	90	90

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

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