

London Tae Kwon-Do (UK-TKD)

Grading Syllabus for 1st Kups (Black Tag/Stripe)

Line work

Typical line work may consist of:

- **Forwards** First three moves from Won Hyo.
- **Backwards** Double hooking block, obverse punch.
- **Forwards** Knife hand guarding block, moving into upper elbow strike.
- **Backwards** X-fist low block then twin vertical punch.
- **Forwards** Shoulder grab followed by knee strike.
- **Backwards** Circular block, obverse punch.
- **Forwards** L-stance - inward moving outer forearm block, back fist strike using the same arm, slip front foot for front elbow strike using rear arm.
- **Backwards** Walking stance upset finger tip thrust, then low block back fist strike in L-stance.
- **Forwards** Step forward with inward waist block, spin into back kick followed by reverse knife hand strike.
- **Backwards** L-stance low section double outer forearm block.
- **Forwards** Twist kick land in walking stance with flat finger tip thrust.

Patterns

Pattern - Student choice (not Choong Moo)
Pattern - Examiners choice
Pattern - Examiners choice
Pattern - Examiners choice
Pattern - Choong Moo

Set Sparring

Set sparring – 3 or 2 step – examiners choice
One step sparring

Breaking

One hand any technique, one leg any technique

Free Sparring

Theory (1st Kups)

Theory for your 1st Kup grading typically consists of 3 questions relating to the training that you have undertaken so far. Students should now have a good general knowledge of Tae Kwon Do and the Korean terms used.

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Korean Terminology

Shown below are *examples* of Korean terminology relating to the grading syllabus for 1st Kups.

Note that these are just examples with regards to Korean terminology that you might be asked at a grading (in addition to terminology from previous grades).

New Techniques	
Nopunde Ap Sonkal Anuro Taerigi	High Front Knife Hand Strike
Nopunde Sonkal Dung Taerigi	High Reverse Knife Hand Strike
Twimyo Yopcha Jirugi	Jumping High Side Piercing Kick
Kyocha Sonkal Momchau Makgi	Middle Side X-Checking Block with Knife Hand
Doo Sonbadak Ollyo Makgi	Twin Upward Palm Block
Dwitcha Jirugi	Back Piercing Kick (Reverse Side Kick)