

London Tae Kwon-Do (UK-TKD)

Grading Syllabus for 2nd Kups (Red Belts)

Line work

Typical line work may consist of:

- **Forwards** Double side kick land in L-stance guarding block.
- **Backwards** Upwards punch from Hwa Rang.
- **Forwards** Turning kick alternate legs from Hwa Rang land in L-stance knife hand guarding block.
- **Backwards** Slide back in to L-stance with low block and back fist strike from pattern Toi Gye.
- **Forwards** Downwards kick land in L-stance reverse punch kihap pull back to guard.
- **Backwards** Fixed stance U-Shaped block.
- **Forwards** Combination from pattern Hwa Rang walking stance obverse punch/grab the fist/side kick/knife hand strike L-stance.
- **Backwards** Slide backwards into L-stance with reinforced elbow strike.
- **Forwards** Jump front kick with kihap land in L-stance with guarding block.

Patterns

Patterns – Student's choice (not Hwa Rang)

Patterns – Examiners choice

Patterns – Examiners choice

Patterns – Examiners choice

Patterns – Hwa Rang

Set Sparring

1 step sparring (advanced) – 6 effective combinations

Pad work (or breaking for adults)

Reverse turning kick using back of the heel - both legs.

Reverse knife hand strike - both arms.

Jump back kick - favourite leg

Free Sparring

Theory (2nd Kups)

Theory for your 2nd 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 2nd 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	
Moa Junbi Sogi 'C'	Closed Ready Stance 'C'
Ollyo Jirugi	Upward Punch
Sonkal Naeryo Taerigi	Descending Knife Hand Strike
Sonbadak Miro Makgi	Palm Pushing Block
Bakat Palmok Makgi / An Palmok Makgi	Low Block with Outer Forearm / Middle Block with Inner Forearm