

# London Tae Kwon-Do (UK-TKD)

## Grading Syllabus for 3<sup>rd</sup> Kups (Red Tag/Stripe)

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### *Line work*

Typical line work may consist of:

- **Forwards** Turning kick land in L-stance back fist strike reverse punch with kihap.
- **Backwards** Walking stance x-fist pressing block twin vertical punch.
- **Forwards** Hook kick side kick combination land in I-stance with guarding block.
- **Backwards** Combination from pattern Toi-Gye, low section knife hand guarding block into circular block.
- **Forwards** Turning kick - reverse turning kick combination landing in L-stance with guarding block.
- **Backwards** Combinations from previous patterns: *Do-San, Won-Hyo*.
- **Forwards** Front kick, turning kick, side kick combination using the same leg land in L-stance with guarding block.
- **Backwards** Combinations from previous patterns: *Yul Gok, Joon-Gun*.

### *Patterns*

Pattern – Student's choice (not Toi Gye)

Pattern – Examiners choice

Pattern – Examiners choice

Pattern – Toi Gye

### *Set Sparring*

1 step sparring (intermediate) – 4 effective combinations

### *Pad work (or breaking for adults)*

Spinning back kick both legs

Elbow strike both arms

### *Free Sparring*

## Theory (3<sup>rd</sup> Kups)

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Theory for your 3<sup>rd</sup> 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

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Shown below are *examples* of Korean terminology relating to the grading syllabus for 3<sup>rd</sup> 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	
Open Sonkut Tulgi	Flat Fingertip Thrust
Dwijibun Sonkut Tulgi	Upset Fingertip Thrust
Sewo Chagi	Vertical Kick
Bandae Dollyo Goro Chagi	Reverse Hooking Kick
Twimyo Yopcha Jirugi	Jumping Side Piercing Kick
Dwitcha Dung Joomuk / Bakat Palmok Makgi	Back Strike to Rear & Low Block
Kyocha Joomuk Noollo Makgi	X-fist Pressing Block
Bakat Palmok San Makgi	W-Shaped Block
Doo Palmok Miro Makgi	Double Forearm Pushing Block