

London Tae Kwon-Do (UK-TKD)

Grading Syllabus for 4th Kups (Blue Belts)

Line work

- **Forwards** Front kick turning kick combination land in L-stance, knife hand strike, reverse punch with a kihap, pull back to guard.
- **Backwards** Combination from Joon Gun- knife hand guarding block in L stance, slip front foot and perform upper elbow strike in walking stance.
- **Forwards** Front kick land in walking stance with twin vertical punch.
- **Backwards** L-stance, downwards block, reverse punch with kihap and pull back to guard.
- **Forwards** Crescent kick, back kick combination using the rear leg, land in L-stance with guarding block.
- **Backwards** Joon Gun combination; back fist strike/release from a grab/reverse punch.

Note

From blue belt onwards the student is expected to have a broad knowledge of Tae Kwon Do techniques and should be able to perform anything asked of them during a grading. This applies particularly to line work.

Patterns

Pattern – Student's choice (not Joon Gun)

Pattern – examiners choice

Pattern – examiners choice

Pattern – Joon Gun

Set Sparring

Adults: 2 step sparring no 5-8

Juniors: 2 step sparring 3-4

1 step sparring (basic) 2 simple, effective combinations

Pad work (or breaking for adults)

Turning kick (both legs) using instep for pad or ball of foot for breaking.

Step through side kick using foot sword. Both legs

Free Sparring

Free sparring – hands only

Free sparring – legs only

Free sparring – normal

Theory (4th Kups)

Theory for your 4th 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 4th 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).

Stances	
Moa Junbi Sogi 'B'	Closed Ready Stance 'B'
Dwit Bal Sogi	Rear Foot Stance
Nachuo Sogi	Low Stance

New Techniques	
Wi Palkup Taerigi	Rising Elbow Strike
Sang Sewo Jirugi	Twin Vertical Punch
Dwijibo Jirugi	Upset Punch
Sang Dwijibo Jirugi	Twin Upset Punch

Blocks	
Sonkal Dung Makgi	Reverse Knifehand Block
Mongdungi Makgi	U-Shaped Block
Sonbadak Noollo Makgi	Palm Pressing Block
Kyocho Joomuk	Rising X-Block
Chookyo Makgi	

Sparring & Destruction (<i>Breaking</i>)	
ilbo Matsoki	1-Step Sparring
Gyokpa	Destruction