

London Tae Kwon-Do (UK-TKD)

Grading Syllabus for 7th Kups (Green Tag/Stripe)

Basics

- Right leg back and guard – jab & reverse punch on the spot with kiap (4 times), then switch legs and repeat
- Front kick on the spot with kiap (4 times), switch legs and repeat

Line work

- **Backwards** – walking stance back fist side strike
- **Forwards** – turning kick landing in I-stance with knife hand guarding block
- **Backwards** – walking stance wedging block
- **Forwards** – side kick landing in I-stance with guarding block
- **Backwards** – walking stance straight spear finger-tip thrust

Patterns

Pattern Dan-Gun

Pattern Do-San

Set Sparring

Adults: 3 step sparring no 5-7

Juniors: 3 step sparring no 3-4

Free Sparring

Technical free sparring - no safety equipment (no contact)

Typical Theory Questions For Adults (7th Kups)

Theory for your 7th Kup grading typically consists of 3 questions relating to the training that you have undertaken so far. Presented below are examples of common questions.

(Q) What is the meaning of your pattern and how many movements does it have?

(A) Do San is the Pseudonym of the patriot Ahn Chang-Ho (1876 – 1938) who devoted his life to furthering the education of Korea and its independence movement. The pattern has 24 moves.

(Q) What is the Korean for wedging block and what is its purpose?

(A) The Korean for wedging block is **Hechyo Makgi** and it is designed to defend against a twin vertical punch to the face. It could also be used to block a twin shoulder grab.

(Q) What is the Korean for the release movement in your pattern and what is its purpose?

(A) The release movement is known as **Japyosol Tae** and is designed to provide a release from a wrist grab

(Q) What is the Korean for straight spear fingertip thrust?

(A) **Son Sonkut Tulgi**.

(Q) What is the purpose of practising technical free sparring?

(A) To practice technique and to concentrate on distance, focus and timing.

(Q) What is a guarding block and what is its purpose?

(A) Show a guarding block then explain how it gets you in a position to defend yourself or to launch a counter-attack.

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(Q) Q. What is the purpose of making a 'kiap'?

(A) To shock or distract your opponent and enable you to release maximum energy into your technique.

Note that these are just examples of questions you might be asked at a grading; a student should have a good knowledge of their theory before going to grade.

Typical Theory Questions For Juniors (7th Kups)

(Q) What is the meaning of your pattern and how many movements does it have?

(A) Do San is the Pseudonym of the patriot Ahn Chang-Ho (1876 – 1938) who devoted his life to furthering the education of Korea and its independence movement. The pattern has 24 moves.

Q. Show me what a wedging block looks like and explain what it is for.

A. Demonstrate the wedging block and explain it is a block against a two handed grab or attack.

Q. Where are you focusing the finger-tip thrust from Do-San?

A. To the soft part of the stomach

Q. What is the Korean for turning kick?

A. Dollyo Chagi

Korean Terminology

Shown below are *examples* of Korean terminology relating to the grading syllabus for 7th Kups.

Note that these are just examples with regards to Korean terminology that you might be asked at a grading.

In addition to the Korean terminology relating to 10th, 9th and 8th Kups, you *may* need to know the following terms:

New Techniques	
Dung Joomuk Taerigi	Back Fist Side Strike
Son Sonkut Tulgi	Straight Spear Fingertip Thrust
Sonkal Dung	Reverse Knifehand
Hechyo Makgi	Wedging Block
Sonbadak	Palm Block
Hori Makgi	Waist Block
Nopunde Bakat	High Section Outer
Palmok Makgi	Forearm Block

Kicking Techniques	
Yop Chagi	Side Kick
Dollyo Chagi	Turning Kick
Dwit Chagi	Back Kick
Ap Chagi	Front Kick
Ap Kumchi	Ball of the Foot
Balkal	Foot Sword