

University of London Tae Kwon-Do

Grading Syllabus for 8th Kups (Yellow Belt)

Basics

Right leg back and guard – reverse punch on the spot with kihap (4 times) then switch legs and repeat.

Line work

Backwards – twin outer forearm block

Forwards – front kick double punch landing in walking stance

Backwards – L-stance inwards moving block (as in 3-step sparring no. 3)

Forwards – turning kick landing in L-stance with guarding block

Backwards – L-stance forearm guarding block

Patterns

Chon Ji

Dan Gun

Set Sparring

Adults: 3 step sparring no's 1-4

Juniors: 3 step sparring no's 1-2

Typical Theory Questions For Adults (8th Kups)

Theory for your 8th 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 does Green signify?

(A) **GREEN** - Represents the plants growth as Tae Kwon-Do skills begin to develop.

(Q) What is the meaning of your pattern?

(A) **Dan Gun** - named after the Holy Dan Gun, legendary founder of Korea in the year 2333b.c.

(Q) How many movements does your pattern have?

(A) Dan Gun has 21 moves

(Q) What is the weight distribution in an L-Stance?

(A) Weight distribution in L-Stance is 70% on the rear leg 30% on the front.

(Q) What part of the foot do you use for a front kick or Turning Kick?

(A) Ap Kumchi - Ball of the foot.

(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.

(Q) Who are the founder members of the UKTKD?

(A) Mr Martin Wadlow & Mr Seamus Kinney.

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.

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Typical Theory Questions For Juniors (8th Kups)

What is the name of your pattern and how many movements does it have? (*Dan Gun, 21*)

Why do we learn 3 step sparring? (*Focus, distance and timing, Good to have a real opponent rather than an imaginary one as with your pattern*).

What's your favourite part of Tae Kwon-Do? (*Choose from: Sparring/patterns/pad work/self defence/getting fit?*)

Show what part of the foot you'd use for a Front or Turning Kick (*Ball of the foot*)

Korean Terminology

Shown below are *examples* of Korean terminology relating to the grading syllabus for 8th 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 Kups, you *may* need to know the following terms:

Terminology used in Pattern	
Sonkal Taerigi	Knife-Hand Strike
Sang Palmok Makgi	Twin Forearm Block
Chookyo Makgi	Rising Block
Sonkal Daebi Makgi	Knifehand Guarding Block
Nopunde Baro Jirugi	High Section Obverse Punch

Kicking Techniques	
Yop Chagi	Side Kick
Dollyo Chagi	Turning Kick
Dwit Chagi	Back Kick

3-Step Sparring	
Sambo Matsoki	3-Step Sparring
Dung Joomuk Taerigi	Back-Fist Strike
Anuro Makgi	Inwards Block

Additional Terminology	
Kaunde Bakat	Outer Block to Middle Section
Palmok Makgi	Palm of Hand
Sonbadak	L-Stance