

Grading syllabus for 7th Kups (Green Tag)

Basics

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

Front kick on the spot with kiap (4 times), switch legs and repeat

Line Work

Backward – walking stance back fist side strike

Forward – turning kick landing in I-stance with knife hand guarding block

Bwd – walking stance wedging block

Fwd – side kick landing in I-stance with guarding block

Bwd – walking stance straight spear finger-tip thrust

Patterns

Pattern Dan-gun

Pattern do-san

Step Sparring

Adults: 3 step Sparring no 5-7, juniors no 3-4

Free Sparring

Technical free Sparring -no safety equipment

Theory

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

Do San is the Pseudonym (pronounced sue-do-nim) 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.

What is the Korean for wedging block, and what is its purpose?

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.

What is the Korean for the release movement in your pattern, and what is its purpose?

The release movement is known as Japjosol Tae and is designed to provide a release from a wrist grab.

What is the Korean for straight spear fingertip thrust?

Son Sonkut Tulgi

What is the purpose of practising technical free Sparring?

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

What is the purpose of making a 'kihap'?

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

Remember 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.

Junior theory questions

For the juniors, depending on age and ability, we tend to make the theory questions much easier.

THE MOST COMMON JUNIOR QUESTIONS ARE:-

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

A. (See the answer given above)

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 any soft part of the tummy, stomach or neck.

Q. What is the Korean for turning kick?

A. Dollyo Chagi