

## **Grading syllabus for 4th kups (blue belts)**

### **Line work for 4th kups may typically consist of:**

Fwd – front kick turning kick combination land in L-stance, knife hand strike, reverse punch with a kihap, pull back to guard.

Bwd – combination from Joon-Gun- knife hand guarding block in L stance, slip front foot and perform upper elbow strike in walking stance.

Fwd – front kick land in walking stance with twin vertical punch

Bwd – L-stance, downwards block, reverse punch with kihap and pull back to guard.

Fwd – crescent kick, back kick combination using the rear leg, land in L-stance with guarding block

Bwd – 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**

2 step Sparring no 5-8, juniors no 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**

Students should now have a good general knowledge of Tae Kwon Do and the Korean terms used within it.