

Grading syllabus for 2nd kups (red belts)

Line Work

Typical line work for 2nd kups may consist of:

Fwd – double side kick land in I-stance guarding block

Bwd – upwards punch from Hwa-Rang

Fwd – turning kick alternate legs from Hwa-Rang land in I-stance knife hand guarding block

Bwd – slide back in to I-stance with low block and back fist strike from pattern Toi-Gye

Fwd – downwards kick land in L-stance reverse punch kihap pull back to guard

Bwd – fixed stance u-shaped block

Fwd – combination from pattern Hwa-Rang walking stance obverse punch/grab the fist/side kick/knife hand strike L-stance

Bwd – slide backwards into L-stance with reinforced elbow strike

Fwd – jump front kick with kihap land in L-stance with guarding block

Patterns

Patterns – Student's choice (not Hwa Rang)

Patterns – Examiners choice

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Patterns – Hwa-Rang

Set sparring

1 step Sparring – advanced – 6 effective combinations

Pad work (or breaking for adults)

Reverse turning kick using back of the heel - both legs.

Reverse knife hand strike - both arms.

Jump back kick - favourite leg

Free Sparring

Theory