

Grading syllabus for 3rd kups (red tag)

Line Work

Typical line work may consist of:

Fwd – turning kick land in L-stance back fist strike reverse punch with kihap

Bwd – walking stance x-fist pressing block twin vertical punch

Fwd – hook kick side kick combination land in I-stance with guarding block

Bwd – combination from pattern Toi-Gye, low section knife hand guarding block into circular block

Fwd – turning kick - reverse turning kick combination landing in L-stance with guarding block

Bwd – combinations from previous patterns, Do-San, Won-Hyo

Fwd – front kick, turning kick, side kick combination using the same leg land in L-stance with guarding block

Bwd – combinations from previous patterns, Yul-Gok, Joon-Gun

Patterns

Pattern – Student's choice (not Toi Gye)

Pattern – Examiners choice

Pattern – Examiners choice

Pattern – Toi-Gye

Set Sparring

1 step sparring – intermediate – 4 effective combinations

Pad work (or breaking for adults)

Spinning back kick both legs.

Elbow strike both arms

Free Sparring

Theory