

## Grading syllabus for 8<sup>th</sup> kup (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 no 3)

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

Backwards –L-stance forearm guarding block

### Patterns

Pattern - Chon-ji

Pattern - Dan gun

### Set Sparring

Adults 3 step sparring no's 1-4

Juniors no's 1-2

### Theory

Theory for your 8th Kup grading typically consists of 3 questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern? (**Dan Gun is named after the Holy Dan Gun, legendary founder of Korea in the year 2333b.c.)**

How many movements does it have? (**21**)

What part of the foot do you use for a front kick? (The same question is often asked for Turning Kick) (**Ball of the foot – Ap Kumchi in Korean**)

What is a guarding block, and what is its purpose? (**Show a guarding block then explain how it gets you in position to defend yourself or launch a counter-attack**)

Who are the founder members of the UKTKD? (**Mr Martin Wadlow, Mr Seamus Kinney**)

**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:-

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

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