**SKY TAEKWONDO**

**KUP GRADING SYLLABUS OVERVIEW**

This Kup grade syllabus is a guide for students to assist them in relation to preparing for an eventual TKD England Dan (Black Belt) grading.

Taekwondo is for everyone regardless of age, gender or religious and cultural beliefs and furthermore physical disabilities should not hinder a persons involvement in Taekwondo or in the promotion of belt advancement.

In particular, age, permanent injury or a disability should always be taken into account during any TKD England Kup grading.

Taking this into account, the standard required to pass any discipline during a Kup promotion test will increase dependant upon the Kup being applied for. For example, a higher technical standard will be required in all disciplines for candidates taking 4th Kup than if taking 6th Kup and so on up to 1st Kup.

Our desire with TKD England is to raise the standard in all areas while in particular producing excellence in Poomsae and Kyrugi competitors, our advisory Kup grade syllabus will reflect this when examining Kup grade candidates.

Full protective equipment is compulsory in respect of contact sparring or contact self defence or one step, should instructors decide contact will be used in any part of the grading examination.

Korean terminology is encouraged throughout classes and will be compulsory part of any Kup grading examination.

The terminology shown for each Kup can also serve as a guide for students to know for their grade level.

**10TH KUP – 9TH KUP** (White Belt Yellow Tag)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 1-3 months

**BASIC MOVEMENTS**

1. Attention and ready stance to riding stance punching.
2. Front and walking stance, moving and turning using groin, chest and head blocks and front punch.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. HALF TURNING KICK
3. TURNING KICK.
4. AXE KICK.
5. PUSH KICK.

All kicking techniques to be performed either on the spot or moving forward on single step or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 1 minute rounds of controlled non contact kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | Training Hall | *Do Jang* |
|  | Uniform | *Do Bok* |
|  | At Ease Stance  Attention | *Pyonhi Seogi*  *Charyot* |
|  | Bow | *Kyong Ye* |
|  | Ready Stance | *Jumbi Seogi* |
|  | Riding Stance | *Juchum Seogi* |
|  | Walking Stance | *Ap Seogi* |
|  | Front Stance | *Apkubi Seogi* |
|  | Low Block | *Arae Makki* |
|  | Middle Block | *Momtong Makki* |
|  | Head Block | *Olgul Makki* |
|  | Start | *Shijak* |
|  | Return To Start | *Baro* |
|  | Punching  Stop  Thank You | *Jireugi*  *Geuman*  *Gamsa Hamni Da* |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**9TH KUP – 8TH KUP** (Yellow Belt)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 2-3 months

**POOMSAE**

TAEGEUK (1) IL JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. HALF TURNING KICK
3. TURNING KICK.
4. AXE KICK.
5. PUSH KICK.

All kicking techniques to be performed either on the spot or moving forward on single step or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery.

**FREE SPARRING**

2 x 1 minute rounds of controlled non contact kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | Front Kick | *Ap Chagi* |
|  | Half Turning Kick | *Bi Chagi* |
|  | Turning Kick | *Dollyo Chagi* |
|  | Pushing Kick | *Miro Chagi* |
|  | Axe Kick | *Chiko Chagi (Also Known as Naeryo Chagi)* |
|  | One | *Hana* |
|  | Two | *Dool* |
|  | Three | *Set* |
|  | Four | *Net* |
|  | Five | *Dasut* |
|  | Six | *Yosut* |
|  | Seven | *Ilgop* |
|  | Eight | *Yodult* |
|  | Nine  Ten | *Ahup*  *Yul* |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**8TH KUP – 7TH KUP** (Yellow Belt Green Tag)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 2-3 months

**POOMSAE**

TAEGEUK (2) EE JANG + TAEGEUK (1) IL JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. HALF TURNING KICK
3. TURNING KICK.
4. AXE KICK.
5. PUSH KICK.

All kicking techniques to be performed either on the spot or moving forward on single or slip step or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 1 minute rounds of controlled non contact kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | Fist  Back fist  Hammer Fist | *Jumeok*  *Deungjumeok*  *Mejumeok* |
|  | Hand  Knife Hand  Palm | *Son*  *Sonnal*  *Batangson* |
|  | Arm | *Pal* |
|  | Forearm | *Palmok* |
|  | Elbow | *Palkup* |
|  | Foot | *Bal* |
|  | Knife Foot | *Balnal* |
|  | Ball of Foot | *Apchook* |
|  | Leg | *Dari* |
|  | Strike | *Chigi* |
|  | Thrust | *Chireugi* |
|  | Left | *Wen* |
|  | Right | *Oreun* |
|  |  |  |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**7TH KUP – 6TH KUP** (Green Belt)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 3 months

**POOMSAE**

TAEGEUK (3) SAM JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

(Another lower grade Poomsae will be tested, chosen at the discretion of the grading examiner)

**ONE STEP**

4 techniques. Each technique repeated both sides.

Exhibit variousblocking, kicking, striking and punching techniques also making good use of wrist and arm locks.

Take downs are desirable but not compulsory.

Each pair will be informed which student will attack first while facing each other in ready stance.

That student will then kihap and will wait for the defender to kihap back before punching to the face right fist first in front stance, followed by a left fist strike.

The only kihaps after the initial 2 are when the defender kihaps when striking, punching or kicking.

The defender then becomes the attacker and the sequence is repeated.

Where the defender on occasions wishes to deal with the attack from a fighting stance because a kicking technique will be used initially, he or she should immediately move into a fighting stance instead of a ready stance after his or her partner has completed their defensive responses to their attacks.

However, where this is done, another technique should also be used in fighting stance on the other side.

**Self defence**

4 techniques will be required from each student as follows:

2 x same side grab

2 x opposite side grab

Students can offer which part of arm etc for opponent to grab on each occasion although it is desirable to perform the sequence in the above order.

Each pair will be informed which student will be tested first.

They will then work through all their techniques in one sequence before their partner will be instructed to start theirs.

Candidates should react quickly to each grab and display an effective response which would be effective in a real situation while ensuring the safety of their partner by performing the techniques with appropriate control.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. HALF TURNING KICK
3. TURNING KICK.
4. AXE KICK.
5. PUSH KICK.
6. SIDE KICK

All kicking techniques to be performed either on the spot or moving forward on single/ slip step/360 step if appropriate or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 1 minute rounds of light contact controlled kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

**DESTRUCTION TECHNIQUES**

2 targets of students choice, by hand or foot technique.

Adults: 1” wood or equivalent re-breakable boards to be used.

Juniors: (under 16) targeted area on a large kick shield to display the techniques.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | Side Kick | *Yop Chagi* |
|  | Knife Strike To Neck | *Sonnal Mokchigi* |
|  | Single Knife Block | *Han Sonnal Momtong Bakkatmakki* |
|  | Front Punch | *Bandae Jireugi* |
|  | Reverse Punch | *Baro Jireugi* |
|  | Double Punch | *Dubeon Jireugi* |
|  | Back Stance | *Dwikubi* |
|  | Parallel Stance | *Naranhi Seogi* |
|  | Jump Front Kick | *Twieo Ap Chagi* |
|  | Jump Turning Kick | *Twieo Dollyo Chagi* |
|  | Jump Side Kick | *Twieo Yop Chagi* |
|  |  |  |
|  |  |  |
|  |  |  |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**6TH KUP – 5TH KUP** (Green Belt Blue Tag)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 3 months

**POOMSAE**

TAEGEUK (4) SA JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

(Another lower grade Poomsae will be tested, chosen at the discretion of the grading examiner)

**ONE STEP**

4 techniques. Each technique repeated both sides.

Exhibit variousblocking, kicking, striking and punching techniques also making good use of wrist and arm locks.

Take downs are desirable but not compulsory.

Each pair will be informed which student will attack first while facing each other in ready stance.

That student will then kihap and will wait for the defender to kihap back before punching to the face right fist first in front stance, followed by a left fist strike.

The only kihaps after the initial 2 are when the defender kihaps when striking, punching or kicking.

The defender then becomes the attacker and the sequence is repeated.

It is desirable that a different technique is used by the defender on both sides but this is not compulsory.

Where the defender on occasions wishes to deal with the attack from a fighting stance because a kicking technique will be used initially, he or she should immediately move into a fighting stance instead of a ready stance after his or her partner has completed their defensive responses to their attacks.

However, where this is done, another technique should also be used in fighting stance on the other side.

**SELF DEFENCE**

4 techniques will be required from each student as follows:

2 x same side grab

2 x opposite side grab

Students can offer which part of arm etc for opponent to grab on each occasion although it is desirable to perform the sequence in the above order.

Each pair will be informed which student will be tested first.

They will then work through all their techniques in one sequence before their partner will be instructed to start theirs.

Candidates should react quickly to each grab and display an effective response which would be effective in a real situation while ensuring the safety of their partner by performing the techniques with appropriate control.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. HALF TURNING KICK
3. TURNING KICK.
4. AXE KICK.
5. PUSH KICK.
6. SIDE KICK

All kicking techniques to be performed either on the spot or moving forward on single/ slip step/360 step if appropriate or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 1 minute rounds of light contact controlled kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

**DESTRUCTION TECHNIQUES**

2 targets of students choice, by hand or foot technique.

Adults: 1” wood or equivalent re-breakable boards to be used.

Juniors: (under 16) targeted area on a large kick shield to display the techniques.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | Twin Knife Hand Block | *Sonnal Makki* |
|  | Palm Block/Finger Tip Strike | *Nullomakki with Pyon-Sonkkeut Sewotzireugi* |
|  | Knife Hand Head Block/Neck Strike  Outer Chest Block  Back Fist Strike | *Jebi Poom Mok Chigi*  *Momtong Bakkat Makki*  *Deungjumeok Ap Chigi* |
|  |  |  |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**5TH - 4TH KUP** (Blue Belt)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 3 months

**POOMSAE**

TAEGEUK (5) 0H JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

(Another lower grade Poomsae will be tested, chosen at the discretion of the grading examiner)

**ONE STEP**

6 techniques. Each technique repeated both sides.

Exhibit variousblocking, kicking, striking and punching techniques also making good use of wrist and arm locks.

Take downs are desirable but not compulsory.

Each pair will be informed which student will attack first while facing each other in ready stance.

That student will then kihap and will wait for the defender to kihap back before punching to the face right fist first in front stance, followed by a left fist strike.

The only kihaps after the initial 2 are when the defender kihaps when striking, punching or kicking.

The defender then becomes the attacker and the sequence is repeated.

It is desirable that a different technique is used by the defender on both sides but this is not compulsory.

Where the defender on occasions wishes to deal with the attack from a fighting stance because a kicking technique will be used initially, he or she should immediately move into a fighting stance instead of a ready stance after his or her partner has completed their defensive responses to their attacks.

However, where this is done, another technique should also be used in fighting stance on the other side.

**SELF DEFENCE**

6 TECHNIQUES WILL BE REQUIRED FROM EACH STUDENT AS FOLLOWS:

2 X SAME SIDE GRAB

2 X OPPOSITE SIDE GRAB

1 X DOUBLE COLLAR GRAB

1 X DOUBLE THROAT GRAB

Students can offer which part of arm etc for opponent to grab on each occasion although it is desirable to perform the sequence in the above order.

Each pair will be informed which student will be tested first.

They will then work through all their techniques in one sequence before their partner will be instructed to start theirs.

Candidates should react quickly to each grab and display an effective response which would be effective in a real situation while ensuring the safety of their partner by performing the techniques with appropriate control.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. 45 KICK
3. ROUNDHOUSE KICK.
4. AXE KICK.
5. PUSH KICK.
6. SIDE KICK
7. BACK KICK

All kicking techniques to be performed either on the spot or moving forward on single/ slip step/360 step if appropriate or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 1 1/2 minute rounds of light contact controlled kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

**DESTRUCTION TECHNIQUES**

2 targets of students choice, by hand or foot technique.

Adults: 1” wood or equivalent rebreakable boards to be used.

Juniors: (under 16) targetted area on a large kick shield to display the techniques.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | Back Kick | *Dwit Chagi* |
|  | Hammer Down | *Mejumeok Naeryo Chigi* |
|  | Hitting |  |
|  | Single Elbow Strike | *Palkup Dollyo Chigi* |
|  | Elbow Into Palm | *Palkup Pyojeok Chigi* |
|  | Strike |  |
|  | Backward Cross | *Dwi Kkoa Seogi* |
|  | Stance |  |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**4TH KUP – 3RD KUP** (Blue Belt Red Tag)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 3 months

**POOMSAE**

TAEGEUK (6) YOOK JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

(Another lower grade Poomsae will be tested, chosen at the discretion of the grading examiner)

**ONE STEP**

6 techniques. Each technique repeated both sides.

Exhibit variousblocking, kicking, striking and punching techniques also making good use of wrist and arm locks.

Take downs are desirable but not compulsory.

Each pair will be informed which student will attack first while facing each other in ready stance.

That student will then kihap and will wait for the defender to kihap back before punching to the face right fist first in front stance, followed by a left fist strike.

The only kihaps after the initial 2 are when the defender kihaps when striking, punching or kicking.

The defender then becomes the attacker and the sequence is repeated.

It is desirable that a different technique is used by the defender on both sides but this is not compulsory.

Where the defender on occasions wishes to deal with the attack from a fighting stance because a kicking technique will be used initially, he or she should immediately move into a fighting stance instead of a ready stance after his or her partner has completed their defensive responses to their attacks.

However, where this is done, another technique should also be used in fighting stance on the other side.

**SELF DEFENCE**

6 TECHNIQUES WILL BE REQUIRED FROM EACH STUDENT AS FOLLOWS:

2 X SAME SIDE GRAB

2 X OPPOSITE SIDE GRAB

1 X DOUBLE COLLAR GRAB

1 X DOUBLE THROAT GRAB

Students can offer which part of arm etc for opponent to grab on each occasion although it is desirable to perform the sequence in the above order.

Each pair will be informed which student will be tested first.

They will then work through all their techniques in one sequence before their partner will be instructed to start theirs.

Candidates should react quickly to each grab and display an effective response which would be effective in a real situation while ensuring the safety of their partner by performing the techniques with appropriate control.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. 45 KICK
3. ROUNDHOUSE KICK.
4. AXE KICK.
5. PUSH KICK.
6. SIDE KICK
7. BACK KICK

All kicking techniques to be performed either on the spot or moving forward on single/ slip step/360 step if appropriate or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 1 1/2 minute rounds of light contact controlled kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

**DESTRUCTION TECHNIQUES**

2 targets of students choice, by hand or foot technique.

Adults: 1” wood or equivalent re-breakable boards to be used.

Juniors: (under 16) targeted area on a large kick shield to display the techniques.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | One Hand Blade | *Hansonnal Olgul Bitureo Makki* |
|  | Face Twisting Block |  |
|  | Right leg Face | *Oreun Bal Olgul Dollyo Chagi* |
|  | Turning Kick |  |
|  | Lower Body Pushing | *Arae Hecho Makki* |
|  | Block |  |
|  | Palm Hand Trunk | *Batangson Momtong Makki* |
|  | Block |  |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**3RD KUP – 2ND KUP** (Red Belt)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 3 months

**POOMSAE**

TAEGEUK (7) CHIL JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

(Another lower grade Poomsae will be tested, chosen at the discretion of the grading examiner)

**ONE STEP**

8 techniques. Each technique repeated both sides.

Exhibit variousblocking, kicking, striking and punching techniques also making good use of wrist and arm locks.

Take downs are desirable but not compulsory.

Each pair will be informed which student will attack first while facing each other in ready stance.

That student will then kihap and will wait for the defender to kihap back before punching to the face right fist first in front stance, followed by a left fist strike.

The only kihaps after the initial 2 are when the defender kihaps when striking, punching or kicking.

The defender then becomes the attacker and the sequence is repeated.

It is desirable that a different technique is used by the defender on both sides but this is not compulsory.

Where the defender on occasions wishes to deal with the attack from a fighting stance because a kicking technique will be used initially, he or she should immediately move into a fighting stance instead of a ready stance after his or her partner has completed their defensive responses to their attacks.

However, where this is done, another technique should also be used in fighting stance on the other side.

**Self defence**

8 TECHNIQUES WILL BE REQUIRED FROM EACH STUDENT AS FOLLOWS:

2 X SAME SIDE GRAB 2 X OPPOSITE SIDE GRAB

1 X DOUBLE COLLAR GRAB 1 X DOUBLE THROAT GRAB

1 X HEAD LOCK

1 X DOUBLE ARM LOCK FROM REAR

Students can offer which part of arm etc for opponent to grab on each occasion although it is desirable to perform the sequence in the above order.

Each pair will be informed which student will be tested first.

They will then work through all their techniques in one sequence before their partner will be instructed to start theirs.

Candidates should react quickly to each grab and display an effective response which would be effective in a real situation while ensuring the safety of their partner by performing the techniques with appropriate control.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. 45 KICK
3. ROUNDHOUSE KICK.
4. AXE KICK.
5. PUSH KICK.
6. SIDE KICK
7. BACK KICK
8. REVERSE TURN KICK

All kicking techniques to be performed either on the spot or moving forward on single/ slip step/360 step if appropriate or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 2 minute rounds of light contact controlled kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

**DESTRUCTION TECHNIQUES**

2 targets of students choice, by hand or foot technique.

Adults: 1” wood or equivalent re-breakable boards to be used.

Juniors: (under 16) targeted area on a large kick shield to display the techniques.

|  |  |  |
| --- | --- | --- |
| TERMINOLOGY | Tiger Stance | *Beom Seogi* |
|  | Low Twin Knife Hand  Block | *Sonnal Arae Makki* |
|  | Palm Hand Assisting | *Batangson Kodureo Momtong An Makki* |
|  | Trunk Block |  |
|  | Covered Fist | *Bo Jumeok Junbi Seogi* |
|  | Ready Stance |  |
|  | Groin/Chest Block | *Kawa Makki* |
|  | Double Pushing Block | *Bakkat Palmok Momtong Hecho Makki* |
|  | Right Knee Strike | *Oreunbal Mureup Chigi* |
|  | Two Fist Bent | *Dujumeok Jeocho Jireugi* |
|  | Backward Punching  Low Cross Block  Side Back Fist | *Otkoreo Arae Makki*  *Deungjumeok Bakkat Chigi* |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

**2ND KUP -1ST KUP** (Red Belt Black Tag)

**TRAINING REQUIREMENTS**

Regular attendance at class for minimum of 3 months

**POOMSAE**

TAEGEUK (8) PAL JANG - video located here [http://www.skytaekwondo.co.uk/#!poomsae-videos/ccd0](http://www.skytaekwondo.co.uk/" \l "!poomsae-videos/ccd0)

Pre arranged movements performed without count.

(Another lower grade Poomsae will be tested, chosen at the discretion of the grading examiner)

**ONE STEP**

8 techniques. Each technique repeated both sides.

Exhibit variousblocking, kicking, striking and punching techniques also making good use of wrist and arm locks.

Take downs are desirable but not compulsory.

Each pair will be informed which student will attack first while facing each other in ready stance.

That student will then kihap and will wait for the defender to kihap back before punching to the face right fist first in front stance, followed by a left fist strike.

The only kihaps after the initial 2 are when the defender kihaps when striking, punching or kicking.

The defender then becomes the attacker and the sequence is repeated.

It is desirable that a different technique is used by the defender on both sides but this is not compulsory.

Where the defender on occassions wishes to deal with the attack from a fighting stance because a kicking technique will be used initially, he or she should immediately move into a fighting stance instead of a ready stance after his or her partner has completed their defensive responses to thier attacks.

However, where this is done, another technique should also be used in fighting stance on the other side.

**SELF DEFENCE**

8 TECHNIQUES WILL BE REQUIRED FROM EACH STUDENT AS FOLLOWS:

2 X SAME SIDE GRAB 2 X OPPOSITE SIDE GRAB

1 X DOUBLE COLLAR GRAB 1 X DOUBLE THROAT GRAB

1 X HEAD LOCK

1 X DOUBLE ARM LOCK FROM REAR

Students can offer which part of arm etc for opponent to grab on each occasion although it is desirable to perform the sequence in the above order.

Each pair will be informed which student will be tested first.

They will then work through all their techniques in one sequence before their partner will be instructed to start theirs.

Candidates should react quickly to each grab and display an effective response which would be effective in a real situation while ensuring the safety of their partner by performing the techniques with appropriate control.

**BASIC KICKING TECHNIQUES**

1. FRONT KICK.
2. 45 KICK
3. ROUNDHOUSE KICK.
4. AXE KICK.
5. PUSH KICK.
6. SIDE KICK
7. BACK KICK
8. HOOK KICK
9. REVERSE TURN KICK

All kicking techniques to be performed either on the spot or moving forward on single/ slip step/360 step if appropriate or by one to one kicking with a partner at the instructors discretion, displaying good technique and form in delivery and recovery

**FREE SPARRING**

2 x 2 minute rounds of light contact controlled kicking and punching techniques to the body and face with different partners.

Candidates should endeavour to display martial spirit, offensive and defensive techniques with good understanding and use of footwork and timing to achieve positive outcomes with balance, speed, accuracy and concentration.

**DESTRUCTION TECHNIQUES**

2 targets of students choice, by hand or foot technique.

Adults: 1” wood or equivalent re-breakable boards to be used.

Juniors: (under 16) targeted area on a large kick shield to display the techniques.

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| TERMINOLOGY | Assisting Trunk Block | *Momtong Kodureo Makki* |
|  | Groin/Face Block | *Wesanteul Makki* |
|  | Slow Uppercut Punch | *Dangkyo Teok jireugi* |
|  | Forward Cross Stance | *Apkkoa Seogi* |
|  | Assistance Low Block | *Kodureo Arae Makki* |
|  | Single Elbow Strike | *Palkup Dollyo Chigi* |
|  | Back Fist | *Deungjumeok Apchigi* |
|  | Stop | *Geuman* |
|  | Front Punch | *Momtong Bandae Jireugi* |
|  |  |  |

**CODE OF CONDUCT**

ETIQUETTE, MODESTY, PERSERVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT