



3rd Kup Syllabus



This is a list of techniques that will be looked at during the grading. Students must show good discipline and etiquette throughout the grading.

Pattern - Taejeuk Oh Jang		
Technique	To be completed in	Korean
Hand techniques		
	<i>Back Stance</i>	<i>Dwikubi Seogi</i>
Wedging block		Hechyo Makki
Backfist Strike		Deung Joomeok Chigi
Double low block		Dool Arae Makki
Low Wedging block		<i>Arae Hechyo makki</i>
	<i>X Stance</i>	<i>Koa Seogi</i>
Double Uppercut Punch		Dwijubi Jireugi
Foot Techniques		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Spinning hook kick		Bandae Hooryo Chagi
Jumping Turning Kick		Dwio Bit Chagi
Flying Side Kick		Dwi Yeop Chagi
Unknown Section		
	Selection of unscripted techniques, given in English.	
Korean Section		
	Selection of techniques given in Korean.	
Sparring		
	Duration	
One for One Sparring	1 x 1 minute round	il Dae il Kyorugi
Light - contact Sparring	2 x 1 minute round	Kyorugi
One-step Sparring		Il-bon Kyorugi
Self Defence		
	2 x Wrist Grab	<i>Hoshinsool</i>
(Only required by adults in grading – 15+)	2 x Collar Grab	
	2 x Grab from behind	
Destruction (<i>Kyokpa</i>)		
	Side Kick	<i>Yeop Chagi</i>
(Only required by adults in grading – 16+)	Inward Elbow Strike	<i>Palkoop an Chigi</i>

Students must also be able to complete all previous techniques and know all previous terminology.