



# 8th 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.

<b>Pattern – Taejeuk Il-Jang</b>		
<b>Technique</b>	<b>To be completed in</b>	<b>Korean</b>
<b>Hand techniques</b>		
	<i>Horse Riding Stance</i>	<i>Joochoom Seogi</i>
Double Middle Punch		Dool Momtong Jireugi
Outward Block		Momtong Bakkat Makki
	<i>Long Stance</i>	<i>Apkubi Seogi</i>
Front Punch, Reverse Punch		Momtong Jireugi, Bandae Jireugi
Low Block, Reverse Punch		Arae Makki, Bandae Jireugi
<b>Foot Techniques</b>		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Outward Crescent Kick		Bandal Bakkat Chagi
Turning Kick		Bit Chagi
Side Kick		Yeop Chagi
<b>Sparring</b>		
	<b>Duration</b>	
One for One Sparring	1 x 1 minute round	il Dae il Kyorugi
Two for Two Sparring	1 x 1 minute round	Kyorugi
<b>Self Defence</b> (age 15+)		
	Wrist grabs x 2	<i>Hoshinsool</i>

Students must know the following terminology as well as those listed for the techniques above:

Stop	Geuman	
Return to start	Baro	
Five	Dasot	
Six	Yeosot	
Seven	Ilgope	
Eight	Yeodol	
Nine	Ahop	
Ten	Yeol	