



1st Kup Syllabus



BRITISH
TAEKWONDO

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 Chil Jang		
At least 2 others of examiner choice		
One of your own choice		
Technique	To be completed in	Korean
Hand techniques		
	<i>Any Stance</i>	<i>Use at least 3 stances</i>
1 Minute Freestyle Blocking		
1 Minute Freestyle Strikes		
Foot Techniques		
	<i>Any Stance</i>	<i>Use at least 3 stances</i>
1 Minute Freestyle Floor kicks		
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
Contact Sparring	2 x 1 minute round	Kyorugi
One-step Sparring		Il-bon Kyorugi
Self Defence	2 x Wrist Grab	<i>Hoshinsool</i>
(at least one take down)	2 x Collar Grab	
(aged 15+)	2 x Grab from behind	
Destruction (<i>Kyokpa</i>)	Flying Side Kick	<i>Dwio Yeop Chagi</i>
(aged 16+)		

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