



6th 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 Ee Jang		
Technique	To be completed in	Korean
Hand techniques		
	<i>Long Stance</i>	<i>Apkubi Seogi</i>
Inward Elbow Strike		Palkoop an Chigi
Palm heel Strike		Batangson Chigi
Spear Hand Strike		Pyonson Chigi
	<i>Back Stance</i>	<i>Dwikubi Seogi</i>
Single Knife hand block		Sonnal Bakkat Makki
	<i>Back + Long Stance</i>	<i>Dwikubi + Apkubi Seogi</i>
Single knife hand block + Reverse Middle Punch		Sonnal Bakkat Makki + Bandae Momtong Jireugi
Inward Block + Reverse Middle Punch		Momtong An Makki + Bandae Momtong Jireugi
Foot Techniques		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Back Kick		Dwi Chagi
Double Front Kick		Narae Ap Chagi
Turning Kick + Back Kick		Bit Chagi + Dwi Chagi
Sparring		
	Duration	
One for One Sparring	1 x 1 minute round	il Dae il Kyorugi
Two for two Sparring	1 x 1 minute round	Kyorugi
Three-step Sparring		Se-bon Kyorugi
Self Defence		
(aged 15+)	2 x Wrist Grab	<i>Hoshinsool</i>
	2 x Collar Grab	

Students must also be able to complete all previous techniques and know all previous terminology. ***Please note that we may ask for various combinations based on previously learned techniques.***