



7th 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 Il Jang		
Technique	To be completed in	Korean
Hand techniques		
	<i>Long Stance</i>	<i>Apkubi Seogi</i>
High Block, Reverse High Punch		Eolgool Makki, Bandae Eolgool Jireugi
Low Block, Reverse Low Punch		Arae Makki, Bandae Arae Jireugi
Knife Hand Strike		Sonnal an Chigi
Outward Knife Hand Strike		Sonnal Bakkat Chigi
	<i>Back Stance</i>	<i>Dwikubi Seogi</i>
Outward Block		Momtong Bakkat Makki
Inward Block		Momtong an Makki
Foot Techniques		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Sliding Side Kick		Mikulgi Yeop Chagi
Sliding Turning Kick		Mikulgi Bit Chagi
One Step Turning Kick		Il-bon Bit 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.