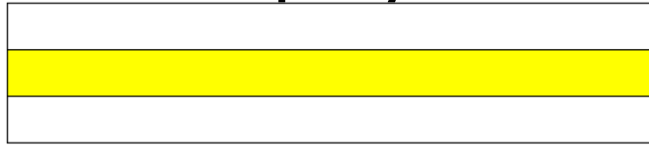




9th Kup Syllabus



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

Technique	To be completed in	Korean
Hand techniques		
	<i>Horse Riding Stance</i>	<i>Joochoom Seogi</i>
Middle Section Punch		Momtong Jireugi
Low Block		Arae Makki
High Block		Eogool Makki
Inward Block		Momtong an Makki
	<i>Front Stance</i>	<i>Apkubi Seogi</i>
Front Punch		Momtong Jireugi
Low Block		Arae Makki
Foot Techniques		
	Fighting Stance	Kyorugi Seogi
Front Kick		Ap Chagi
Axe Kick		Naeryeo Chagi
Inward Crescent Kick		Bandal an Chagi
Outward Crescent Kick		Bandal Bakkat Chagi
Sparring		
	Duration	
One for One Sparring	2 x 1 minute round	il Dae il Kyorugi
Two for Two Sparring	1 x 1 minute round	Kyorugi

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

Attention	Charyot	Cha-re-ot
Bow	Kyungye	koon-yay
Ready	Junbi	Choon-bee
Begin	Shijak	She-jack
One	Hana	
Two	Dool	
Three	Set	
Four	Net	
Thank you	Kamsa Hamnida	