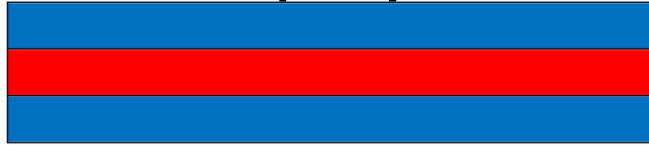




3rd Kup Syllabus



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 Oh Jang		
Technique	To be completed in	Korean
Hand techniques		
	<i>Long Stance</i>	<i>Apkubi Seogi</i>
Wedging block		Hechyo Makki
Reverse High Section Knife Hand Block		Bandae Eeogool Sonnal Bakkat Makki
	<i>Back Stance</i>	<i>Dwikubi Seogi</i>
Double low block		Dool Arae Makki
Low Wedging block		Arae Hechyo makki
	<i>Tiger Stance</i>	<i>Beom Seogi</i>
Palm Heel Block		Batangson Makki
Foot Techniques		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Spinning hook kick		Bandae Hooryo Chagi
Jumping Turning Kick		Dwio Bit Chagi
Low Side Kick, Middle Side Kick		Arae Yeop Chagi, Momtong Yeop Chagi
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
Light - contact Sparring	2 x 1 minute round	Kyorugi
One-step Sparring		Il-bon Kyorugi
Self Defence	2 x Wrist Grab	<i>Hoshinsool</i>
(Only required by adults in grading – 15+)	2 x Collar Grab	
	2 x Grab from behind	
Destruction (<i>Kyokpa</i>)	Side Kick	<i>Yeop Chagi</i>
(Only required by adults in grading – 16+)	Inward Elbow Strike	<i>Palkoop an Chigi</i>

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