



# 6th 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.

<b>Pattern - Taejeuk Ee Jang</b>		
<b>Technique</b>	<b>To be completed in</b>	<b>Korean</b>
<b>Hand techniques</b>		
	<i>Front Stance</i>	<i>Apkubi Seogi</i>
High Cross Block		Eolgool Eotgeuro Makki
Low Cross Block		Arae Eotgeuro Makki
Spears Hand Strike		Pyonson Chigi
	<i>Back + Front Stance</i>	<i>Dwikubi + Apkubi Seogi</i>
Single knife hand block + Reverse Middle Punch		Sonnal Momtong Bakkat Makki + Badae Momtong Jireugi
Inward Block + Reverse Middle Punch		Momtong An Makki + Badae Momtong Jireugi
<b>Foot Techniques</b>		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Back Kick		Dwi Chagi
Double Front Kick		Narae Ap Chagi
Double Turning Kick		Narae Bit Chagi
<b>Sparring</b>		
	<b>Duration</b>	
One for One Sparring	1 x 1 minute round	il Dae il Kyorugi
Light - contact Sparring	1 x 1 minute round	Kyorugi
Three-step Sparring		Se-bon Kyorugi
<b>Self Defence</b>		
(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.***