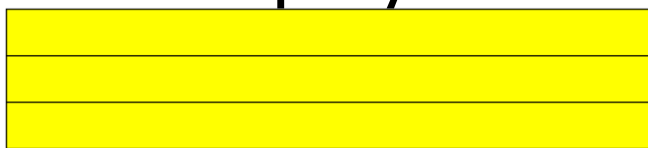




8th Kup Syllabus



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>Horse Riding Stance</i>	<i>Joochoom Seogi</i>
Double Middle Punch		Dool Momtong Jireugi
Outward Block		Momtong Bakkat Makki
	<i>Front Stance</i>	<i>Apkubi Seogi</i>
Front Punch, Reverse Punch		Momtong Jireugi, Badae Jireugi
Low Block, Reverse Punch		Arae Makki, Badae Jireugi
Foot Techniques		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Push Kick		Mireo Chagi
Turning Kick		Bit Chagi
Side Kick		Yeop 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
Self Defence (age 15+)	Wrist grabs x 2	<i>Hoshinsool</i>

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

Stop	Geuman	
Return to start	Baro	
Five	Dasot	
Six	Yeosot	
Seven	Ilgope	
Eight	Yeodol	
Nine	Ahop	
Ten	Yeol	