



# 4th 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.

<b>Pattern - Taejeuk Sa 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>
Palm Heel Strike		Batangson Chigi
Ridge Hand Strike		Deung Sonnal Chigi
Inward + Outward Knife Hand Strike	<i>Same arm</i>	Sonnal An + Sonnal Bakkat Chigi
	<i>L Stance</i>	
Side Hammerfist strike		Yeop Mee joomeok chigi
	<i>Tiger stance</i>	<i>Beom Seogi</i>
Palm Heel Block		Batangson Makki
<b>Foot Techniques</b>		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Reverse Crescent Kick		Bandae Bandal Chagi
Jumping Front Kick		Dwio Ap Chagi
<b>Sparring</b>		
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
<b>Self Defence</b>		
(aged 15+)	2 x Wrist Grab	<i>Hoshinsool</i>
	2 x Collar Grab	
	2 x Grab from behind	
<b>Destruction (<i>Kyokpa</i>)</b>		
(Only required by adults in grading – 16+)	Side Kick	<i>Yeop Chagi</i>
	Inward Elbow Strike	<i>Palkoop an Chigi</i>

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.**