



5th 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 Sam Jang		
Technique	To be completed in	Korean
Hand techniques		
	<i>Front Stance</i>	<i>Apkubi Seogi</i>
Inward Elbow Strike		Palkoop an Chigi
Outward Elbow Strike		Palkoop Bakkat Chigi
High Elbow Strike		Eolgool Palkoop Chigi
Swallow Strike (knife hand high block and reverse knife hand strike)		Sonnal Eolgool Makki, bandae Sonnal an Chigi
	<i>Back Stance</i>	<i>Dwikubi Seogi</i>
Double knife hand block		Dool Sonnal Bakkat Makki
Forearm block		Palmok makki
	<i>Front + X – Stance</i>	<i>Apkubi + Koa Seogi</i>
Inward Elbow Strike + Backfist Strike		Palkoop an Chigi + Deung Joomeok Chigi
Foot Techniques		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
360 Turning Kick		Dwiro Dora Bit Chagi
Hook Kick		Hooryo Chagi
Sparring		
	Duration	
One for One Sparring	1 x 1 minute round	il Dae il Kyorugi
Light - contact Sparring	1 x 1 minute round	Kyorugi
One-step Sparring		Il-bon Kyorugi
Self Defence		
	2 x Wrist Grab	<i>Hoshinsool</i>
(aged 15+)	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.**