



2nd 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.

Pattern - Taejeuk Yuk Jang		
Technique	To be completed in	Korean
Hand techniques		
	<i>Horseriding stance</i>	<i>Joomchoom Seogi</i>
Side Elbow Strike	<i>travelling</i>	<i>Yeop Palmok Chigi</i>
Mountain block		<i>Santeul Makki</i>
	<i>Back Stance</i>	<i>Dwikubi Seogi</i>
Double Knife Hand Low Block		Doo Sonnal Arae Makki
Double Forearm Block		Doo Palmok Makki
Side Backfist Strike		Yeop Deung Joomeuk Chigi
	<i>Long Stance</i>	<i>Apkubi Seogi</i>
Scissor Block		Gawi Makki
Foot Techniques		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Jumping Back Kick		Dwio Dwi Chagi
Jumping Spinning Hook Kick		Dwio Bandae Hooryo Chagi
Reverse Side Kick		Bandae 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
Contact Sparring	2 x 1 minute round	Kyorugi
One-step Sparring		Il-bon Kyorugi
Self Defence	2 x Wrist Grab	<i>Hoshinsool</i>
(at least one take down)	2 x Collar Grab	
(aged 15+)	2 x Grab from behind	
Destruction (<i>Kyokpa</i>)	Flying Side Kick	<i>Dwio Yeop Chagi</i>
(aged 16+)		

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