



# 1st 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 Chil Jang</b>		
<b>At least 2 others of examiner choice</b>		
<b>One of your own choice</b>		
<b>Technique</b>	<b>To be completed in</b>	<b>Korean</b>
<b>Hand techniques</b>		
	<i>Any Stance</i>	<i>Use at least 3 stances</i>
1 Minute Freestyle Blocking		
1 Minute Freestyle Strikes		
<b>Foot Techniques</b>		
	<i>Any Stance</i>	<i>Use at least 3 stances</i>
1 Minute Freestyle kicks		
<b>Unknown Section</b>	Selection of unscripted techniques, given in English.	
<b>Korean Section</b>	Selection of techniques given in Korean.	
<b>Recite the Tenets of Taekwondo</b> (Etiquette, Modesty, Perseverance, Self Control, Indomitable Spirit)		
<b>Sparring</b>	<b>Duration</b>	
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
<b>Self Defence</b>	2 x Wrist Grab	<i>Hoshinsool</i>
(at least one take down)	2 x Collar Grab	
(aged 15+)	2 x Grab from behind	
<b>Destruction (<i>Kyokpa</i>)</b>	Side Kick + Elbow Strike	<i>Yeop Chagi + Palkop Chigi</i>

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