



# 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>Long Stance</i>	<i>Apkubi Seogi</i>
Low Cross Block		Arae Eotgallyeo Makki
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>Back + Long stance</i>	
Outward block + reverse punch, reverse inward knife hand strike		Momtong Bakkat Makki + Bandae Jireugi, Bandae Sonnal an Makki
<b>Foot Techniques</b>		
	<i>Fighting Stance</i>	<i>Kyorugi Seogi</i>
Reverse Crescent Kick		Bandae Bandal Chagi
Jumping Front Kick		Tweo Ap Chagi
Sidestep Turning Kick		
<b>Sparring</b>	<b>Duration</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>	2 x Wrist Grab	<i>Hoshinsool</i>
(aged 15+)	2 x Collar Grab	
	2 x Grab from behind	
<b>Destruction (<i>Kyokpa</i>)</b>	Side Kick	<i>Yeop Chagi</i>
(Only required by adults in grading – 16+)	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.**