

Please be aware that the following is intended to be a guide ONLY. The Grading Examiner is entitled to omit or include any elements at their discretion.

Grading Syllabus

9th Kup

White Belt Yellow Stripe

- Identify yourself
- Sitting Stance double punch (Count 10)
- Walking Ready Stance Front snap kick both legs (count 10)
- Walking Stance double punch (forwards & backwards)
- Walking Stance low block rising block (forwards & backwards)
- L-Stance middle block (forwards & backwards)
- L-Stance knife hand strike (forwards & backwards)
- Pattern Chon Ji
- Korean theory questions