

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

4th Kup

Blue Belt

- Identify Yourself
- 1st 3 moves of Joong Gun (forwards)
- Walking Stance pressing block (backwards)
- L-Stance Front kick-Turning kick forearm guarding block (forwards)
- 1st 3 move of Won Hyo (backwards)
- Walking Stance circular block Front kick reverse punch (forwards)
- L-Stance outer forearm waist block (backwards)
- L-Stance Turning kick side fist strike (forwards)
- L- Stance knife hand guarding block slip into Walking Stance upper elbow strike (backwards)
- L-Stance Turning kick reverse side kick (forwards)
 - L-Stance Palm waist block (backwards)
- Grading Examiner's choice Pattern
- Your choice Pattern
- Pattern Joong Gun
- 2 Step Sparring (numbers 5-8)
- 3 Step semi free sparring (advanced)
- Free sparring
- Korean Theory questions