

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

1st Kup

Black Stripe

- Identify Yourself
- Walking Stance low block rising block reverse punch (forwards)
- L-Stance knife hand guarding block upper elbow strike (backwards)
- L-Stance turning kick double punch (forwards)
- Walking Stance middle double forearm block push back into L-stance low double forearm block (backwards)
- L-Stance Side kick back kick reverse punch (forwards)
- 1st 3 Moves of Won Hyo (backwards)
- L-Stance Turning kick reverse turning kick lead hand ridge hand reverse punch (forwards)
- 1st 2 Moves of Toi Gye (backwards)
- L-Stance FL Hook kick side kick RL axe kick (forwards)
- Walking Stance double hooking block then L-Stance twi knife hand block (backwards)
- L-Stance knife hand guarding block front leg front kick Walking Stance flat fingertip thrust (forwards)
- Fixed Stance U shaped block (backwards)
- L-Stance Flying side kick with step (forwards)
- Walking Stance wedging block then L-Stance knife hand strike (backwards)
- L-Stance Jumping front kick (no step) then Low stance pressing block (forwards)
- Walking Stance X fist pressing block X fist rising block
- Grading Examiner's choice Pattern
- Your choice Pattern
- Pattern Choong Moo
- Step Sparring (3 step / 2 step / 1 step)
- 3 Step semi free sparring (advanced)
- Free sparring
- Korean Theory questions