

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

## 8<sup>th</sup> Kup

### Yellow Belt

- Identify Yourself
- L-Stance Twin forearm block (forwards & backwards)
- Walking Stance Front kick double punch (forwards)
- L-Stance Inward outer forearm block (backwards)
- L-Stance Turning kick forearm guarding block (forwards)
- L-Stance forearm guarding block (backwards)
- Pattern Dan Gun
- 3 Step Sparring (numbers 1-4)
- Korean Theory questions