

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

## 2<sup>nd</sup> Kup

### Red Belt

- Identify Yourself
- L-Stance Obverse punch (forwards)
- Walking Stance Twin vertical punch (backwards)
- L-Stance Double turning kick forearm guarding block (forwards)
- Walking Stance X fist pressing block X fist rising block (backwards)
- L-Stance Side kick reverse side kick forearm guarding block (forwards)
- Walking Stance Double forearm block (backwards)
- 1<sup>st</sup> 3 Moves of Joong Gun (forwards)
- 1<sup>st</sup> 3 Moves of Won Hyo (backwards)
- L-Stance Turning kick reverse turning kick (forwards)
- L-Stance high backfist strike release into Walking Stance high reverse punch
- L-Stance Jumping front kick
- L-Stance Jumping turning kick
- L-Stance Jumping side kick
- 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