

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

## 5<sup>th</sup> Kup

### Green Belt/Blue Stripe

- Identify Yourself
- Walking Hooking block punch combination (forwards)
- L- Stance Twin knife hand block (backwards)
- Walking Stance Turning kick backfist side strike (forwards)
- L-Stance side kick turning kick (forwards)
- Walking Stance Double forearm block (Backwards)
- Walking Stance reverse side kick palm strike (forwards)
- L-Stance upward palm block (backwards)
- Walking Stance Side kick front elbow strike (forwards)
- Walking Stance X fist pressing block (backwards)
- L-Stance Turning kick reverse turning kick
- Grading Examiner's choice pattern
- Your choice pattern
- Pattern Yul Gok
- 2 Step Sparring (numbers 1-4)
- 3 Step semi free sparring (intermediate)
- Free sparring
- Korean Theory questions