

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

3rd Kup

Red Stripe

- Identify Yourself
- L-Stance Front Kick-Turning kick forearm guarding block (forwards)
- L-Stance Low Knife hand guarding block slip into Walking Stance circular block (backwards)
- L-Stance Stance Side kick spinning knife hand strike (forwards)
- Walking Stance X fist pressing block twin vertical punch (backwards)
- L-Stance Knife hand guarding block front leg front kick flat fingertip thrust (forwards)
- L- Stance knife hand guarding block slip into Walking Stance upper elbow strike (backwards)
- L-Stance Turning kick reverse turning kick (forwards)
- L-Stance Inwards outer forearm block front backfist strike (backwards)
- L-Stance Turning kick hooking kick forearm guarding block (forwards)
- Grading Examiner's choice Pattern
- Your choice Pattern
- Pattern Toi Gye
- 3 Step semi free sparring (advanced)
- 1 Step sparring
- Free sparring
- Korean Theory questions