Grading Syllabus

10 Kup white belt Juniors

Sitting Stance Single Punch

Front Rising Kick

10 Press Ups

Guarding Stance (or relaxed stance) Double Punch

Walking Stance Middle Punch

Walking Stance Low Outer Forearm Block

Walking Stance Rising Block

Theory Questions (first three) as per page 20 of the student handbook

1) How do you form a first?

2) What is the name and grade of your Taekwon-do Instructor?

3) What country does Taekwon-do come from?

Puma Grade 1- Purple Stripe Juniors

Sitting Stance Double Punch

10 Press Ups

Guarding stance (or relaxed stance) Front Kick Double Punch

4 Corner Block

Guarding Stance (or relaxed stance) Jumping Front Kick

Walking Stance Rising Block

Walking Stance Low Block

Walking Stance Middle Punch

Walking Stance Middle Block

Walking Stance Middle Block Revers Punch

Theory Questions (second three) as per page 20 of the student handbook

1) What is your Taekwon-do Suit called in Korean?

2) What is your Training Hall called in Korean?

3) What are the three rules of Concentration?

Puma Ggrade 2 orange stripe & 10th Kup white belt Teens/Adult

- Sitting Stance Single Punch- x10
- 15 Push-Ups
- Jumping Front Kick
- Walking Stance Rising Block
- Walking Stance Low Block
- Walking Stance Middle Block Revers Punch
- Walking Stance Single Punch/s
- Four Corner Block
- Sajo Jirugi 1, 2
- Sparring Turning Kick

Grading Questions Juniors

1)How do you form a first?

2)What is the name and grade of your Taekwon-do Instructor?

3)What country does Taekwon-do come from?

4)What is your Taekwon-do Suit called in Korean?

5)What is your Training Hall called in Korean?

6) What are the three rules of Concentration?

Grading Questions Teens/Adults

At the back of the Handbook

9th KUP Yellow stripe

- Sitting Stance Double Punch- x10
- 20 Push-Ups
- Walking stance Low Block- Front snap kick double punch
- L-stance forearm guarding block
- Walking Stance Middle Block Revers Punch
- Walking Stance Single Punch
- Walking Stance Low Block Rising Block
- 3 steps sparring 1,2
- Sajo Jirugi 1, 2
- Sajo makgi
- Chon Ji Tul

Grading Questions

At the back of Handbook

8th KUP Yellow Belt

- Sitting Stance Single Punch and Double Punches- x10
- 20 Push-Ups
- Walking stance front snap kick double punch
- L-stance forearm guarding block
- L-stance Knife hand guarding block
- L-stance Twin forearm block
- Walking Stance Low Block, Middle Block, Rising Block
- Walking Stance Middle Block Revers Punch
- Walking Stance Single Punch
- 3 step sparring 1,2,3,4
- Sajo Jirugi 1, 2
- Sajo makgi
- Chon Ji Tul
- Dan Gun Tul

Grading Questions

At the back of Handbook

7th KUP Yellow Belt Green Stripe

- Low block, Middle block, Rising block, Twin Forearm block, Knife hand guarding block, High Outer Forearm block, Wedging block
- Front Snap Kick, Turning Kick, Side Kick
- Front snap kick double punch
- 3 Step Sparring1,2,3,4,5,6
- Chon Ji Tul
- Dan Gun Tul
- Do San Tul
- Sajo Jirugi 1,2
- Sajo Makgi

Grading Questions

At the back of Handbook

6th KUP Green Belt
(Sparring Kit Compulsory)

- Blocks -Low, Middle, Rising, Twin Forearm, Knife hand guarding (all other basic moves)
- Free Sparring
- 2 step sparring
- Chon Ji
- Dan Gun
- Do San
- Won Hyo
- Kicking combination
  - ✓ Front Kick/ Turning Kick
  - ✓ Side Kick/Back Kick
  - ✓ Turning Kick/Back Kick
  - ✓ Side Kick/Turning Kick

Grading Questions

At the back of Handbook

5th KUP Green Belt Blue Stripe
(Sparring Kit Compulsory)

- Blocks -Low, Middle, Rising, Twin Forearm, Knife hand guarding
- 3 step sparring
- 2 step sparring
- Chon Ji
- Dan Gun
- Do San
- Won Hyo
- Yul Gok
- Kicking combination
  - ✓ Front Kick/ Turning Kick
  - ✓ Side Kick/Back Kick
  - ✓ Turning Kick/Back Kick
  - ✓ Side Kick/Turning Kick
- Free Sparring

Grading Questions

At the back of Handbook

4th KUP Blue Belt
(Sparring Kit Compulsory)

- All moves from 10th Kup up to 4th Kup
- 3 step sparring
- 2 step sparring
- 1 step sparring
- All Patterns
- Kicking combination
  - ✓ Front Kick/ Turning Kick
  - ✓ Side Kick/Back Kick
  - ✓ Turning Kick/Back Kick
  - ✓ Side Kick/Turning Kick
- Free Sparring

Grading Questions Juniors

At the back of Handbook