

## **Grading Syllabus Promotion to 7<sup>th</sup> Kup**

1. All elements up to 8th kup
2. Acquaintance of Do -San
3. Techniques moving forwards & backwards
  - Gunnun so Sun Sunkut Tulgi / Walking Stance Straight fingertip thrust
  - Gunnun so Dung Joomuk Nopunde Yop Taerigi / Walking stance backfist high side strike
  - Gunnun so Bakat Palmok nopunde yop makgi / Walking stance outer forearm high side block
  - Gunnun so Bakat palmok nopunde hechyo makgi / Walking Stance Outer forearm high wedging block
4. Kicking Techniques
  - Naeryo Chagi (tora) / Downward kick (Turn) - Spot exercise in L-Stance (After pivoting 180 degrees on ball of front foot)
  - Goro Chagi / Hook kick (Spot exercise in L-stance)
  - Bandae Goro Chagi / Reverse Hook Kick (Spot exercise in L-stance)
  - Naeryo Chagi / Downward kick (Forward stepping in L-stance)
  - Dwit Chagi / Back kick (Forward stepping in L-stance)
  - Yop Chagi / Side kick (Forward stepping in L-stance)
  - Twimyo Goro Chagi / Flying hook kick (In L-stance)
  - Twimyo Naeryo chagi / Flying downward kick (In L-stance)
5. Two Step Sparring (4 elements)
6. Flexibility Test (Show stretching)
7. Power Test - Push ups - number set by examiner
8. Theory - knowledge of Tae Kwon-Do