

Grading Syllabus Promotion to 2nd kup

- All elements up to 3rd kup
- Acquaintance of Hwa-Rang
- Niunja So Ollyo jirugi
- Niunja So Baro Kaunde Jirugi
- Niunja So Yop Palkup Tulgi
- Moa So An Palmok Nopunde Yopap Makgi – Spot Exercise
- Annun So Sonbadak Miro Makgi – Spot Exercise
- Soojik So Sonkal Naeryo Taerigi
- Dollyo Chagi – Double kick – 2 heights Yonsok Chagi (Consecutive)
- Yopcha Jirugi – Double kick – 2 heights Yonsok Chagi
- Twimyo Bandae Dollyo Chagi (360 Degree)
- Twimyo Bandae Dollyo Goro Chagi (360 Degree)
- Semi Free & Free Sparring
- Self Defence – 10 Elements
- Twimyo Nopi Apcha Busigi – 1 Board height of raised arm balance
- Twimyo Nomo Yop Chagi – 1 Board Male – over 5 persons
Female over 4 persons. Good balance
- Twimyo Bandae Dollyo Chagi – 1 Board Head level
- Gunnun So Ap Joomuk Jirugi – 2 Boards Male
- Niunja So Sonkal Yop Taerigi – 2 Boards Female
- Twio Dolmyo Yop Chagi – 2 Boards land Keeping Balance
- Gunnun So Ap Palkup Taerigi – 2 Boards
- Niunja So Dung Joomuk Yop taerigi – 2 Boards
- Yop Chagi (Tora) – 2 Boards (After Pivoting 180 Degrees)
- Dollyo Chagi – 2 Boards

The Examiner chooses 5 destructions (2 from special tech and 3 from power test including 1 hand technique)

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| • Flexibility test | - | Show Stretching |
| • Power test | - | Push ups – Number set by examiner |
| • Theory | - | Knowledge of Taekwon-Do |