

Grading Syllabus for Promotion to 3rd kup

- All elements up to 4th kup
- Acquaintance of Toi-Gye
- Gunnun So Kyocha Joomuk Najunde Noollo Makgi
Walking Stance X-Fist Low Pressing Block
- Gunnun So Opun Sonkut Nopunde Tulgi
Walking Stance Flat Fingertip High Thrust
- Niunja So Sonkal Najunde Daebi Makgi
L-Stance Knifehand Low Guarding Block
- Gunnun So Dwijibun Sonkut Tulgi
Walking Stance Upset Fingertip Thrust
- Niunja So Doo Palmok Najunde Miro Makgi
L-Stance Double Forearm Low Pushing Block
- Kyocha So Kyocha Joomuk Noollo Makgi
X-Stance X-Fist Pressing Block
- Annun So Bakat Palmok San Makgi
Sitting Stance Outer Forearm W-Shape Block
- Moa So Dung Joomuk Yopdwi Taerigi - Spot Exercise
Closed Stance Back Fist Side Back Strike
- Ap Moorup Ollio Chagi
Front Knee Upward Kick
- Twio Dolmyo Yopcha Jirugi (360)
Mid – Air Side Piercing Kick (360)
- Twimyo Dollyo Chagi (360)
Flying Turning Kick (360)
- Semi-Free Sparring (Ban Jayoo Matsogi)
- Free Sparring (Jayoo Matsogi)
- Self –Defence (Hosin Sul) - 10 Elements
- Twimyo Nopi Apcha Busigi - 1 Board Height of Raised
Flying Overhead Front Snap Kick Arm Balance

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| • Twimyo Nomo Yop Chagi
Flying Long Side Kick | - 1 Board. Male over 4 Persons
Female over 3 Persons
Good Balance |
| • Twimyo Dollyo Chagi
Flying Turning Kick | - 1 Board Head Height |
| • Gunnun So Ap Joomuk Jirugi
Walking Stance Fore Fist Punch | - 1 Board Male |
| • Niunja So Sonkal Yop Taerigi
L-Stance Knifehand Side Strike | - 1 Board Female |
| • Yop Chagi (Tora)
Side Kick (Turning) | - 2 Boards (After Pivoting 180) |
| • Dollyo Chagi
Turning kick | - 2 Boards |

The examiner chooses 4 destructions 2 from the special techniques and 2 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 |