

## **Grading Syllabus – Promotion to 6<sup>th</sup> Kup**

1. All elements up to 7<sup>th</sup> Kup
2. Acquaintance of Won – Hyo
3. Forwards & Backwards
  - Gunnun So Dolimyo Makgi / Walking stance Circular Block
  - Niunja So Sonkal Anuro Nopunde Taerigi / L-Stance Knifehand high inward strike
  - Gojung so Kaunde baro Jirugi / Fixed stance Middle obverse punch
4. Forward and backward in L-stance
  - Yopcha jirugi / Side piercing kick
5. Naeryo Chagi (tora) / Downward kick (Turn) – Stepping forward in L-Stance (After pivoting 180 degrees on ball of front foot)
6. Forward & backward in L-stance
  - Goro chagi / Hook kick
7. Stepping forward in L-stance
  - Bandae goro chagi / Reverse hook kick
8. Using L-stance
  - Twimyo dwit chagi / Flying back kick
  - Twio Dolmyo Yop chagi (180 degrees) / Mid-air side kick (180 degrees)
  - Twimyo Naeryo chagi (tora) / Flying downward kick (turn)
9. Ibo Matsogi / Two Step Sparring (6 elements)
10. Self-Defence (5 elements)
11. Flexibility Test – Show stretching
12. Power test - Push ups (number set by examiner)
13. Theory – Knowledge of Tae Kwon-Do