

Grading Syllabus Promotion to 8th Kup

1. All elements up to 9th kup
2. Acquaintance of Dan-Gun
3. Moving Forward and backward
 - Niunja so palmok daebi makgi / L-stance forearm guarding block
 - Niunja so sonkal daebi makgi / L-stance knifehand guarding block
 - Niunja so sonkal yop taerigi / L-stance knifehand side strike
 - Niunja so Sang palmok makgi / L-stance twin forearm guarding block
4. Spot exercise in L-stance
 - Naeryo chagi / Downward kick
5. Spot exercise in L / Parallel stance
 - Dwitcha jirugi / back piercing kick
6. Spot exercise in L-stance
 - Yopcha jirugi (tora) / Side piercing kick (turn) (After pivoting 180 degrees on the ball of the front foot)
7. Side / forward stepping Sitting / L-stance
 - Yopcha jirugi / Side piercing kick
8. In an L-stance
 - Twimyo Dollyo Chagi / Flying turning kick
9. L / Parallel stance
 - Twimyo yop chagi / Flying side kick
10. Sambo matsogi / Three step sparring with partner 6 elements in walking stance and L-stance
 - Walking stance middle obverse punch
 - Walking stance Inner forearm middle block
 - Walking stance varied counter attack
 - L-stance middle reverse punch
 - L-stance Inner forearm middle block
 - L-stance varied counter attack
11. Flexibility test - Show stretching ability
12. Power test - Push ups number set by examiner
13. Theory - Knowledge of Tae Kwon-Do