

Grading Syllabus – Promotion to 4th kup

1. All elements up to 5th kup
2. Acquaintance of Joong – Gun
3. Niunja so Sonkal dung kaunde bakuro makgi / L-stance Reverse knifehand middle outward block
4. Niunja so Dung joomuk nopunde yop taerigi / L-stance Back fist high side strike
5. Niunja so Bandae kaunde jirugi / L-stance reverse middle punch
6. Gunnun so Sonbadak noollo makgi / Walking stance palm pressing block
7. Gunnun so Sang joomuk sewo jirugi / Walking stance twin fist vertical punch
8. Gunnun so Dwijibo jirugi / Walking stance Upset punch
9. Gunnun so Kyocha joomuk chookyo makgi / Walking stance X-fist rising block
10. Gunnun so Wi palkup taerigi / Walking stance Upper elbow strike
11. Dwitbal so Sonbadak ollyo makgi / Rear foot stance palm upward block
12. Gojang so Degutja Makgi / Fixed stance U-Shape Block
13. Twimyo Dung joomuk yop taerigi / Flying Back fist side strike
14. Twimyo bandae dollyo chagi / Flying reverse turning kick
15. Ilbo Matsogi / One step sparing (10 elements)
16. Twimyo nopi apcha busigi / Flying Overhead front snap kick (1 board height of raised arm balance)
17. Twimyo nomo yop chagi / Flying Long side kick (1 board: Male over 3 persons – Female over 2 persons. Good balance)
18. Gunnun so Ap joomuk jirugi / Walking stance Forefist punch (1 board Male)
19. Niunja so Sonkal yop taerigi / L-stance Knifehand side strike (1 board female)
20. Apcha busigi / Front snap kick (2 boards)
21. Yopcha jirugi / Side piercing kick (2 boards)
22. The examiner chooses 4 destructions (2 from special techniques and 2 from power test including 1 hand technique)
23. Flexibility test (Show stretching)

- 24. Power test (Push ups – number set by examiner)
- 25. Theory (Knowledge of Tae Kwon Do)