

Grading Syllabus – Promotion to 5th kup

1. All elements up to 6th kup
2. Acquaintance of Yul – Gok
3. Forward and backward
 - Gunnun so Sonbadak golcho baro makgi / Walking stance Palm hooking obverse block
 - Gunnun so Sonbadak golcho bandae makgi / Walking stance Palm hooking reverse block
 - Gunnun so Ap Palkup Taerigi / Walking stance Front elbow strike
 - Gunnun so Doo palmok nopunde yop makgi / Walking stance Double forearm high side block
 - Niunja so Sang sonkal makgi / L-stance Twin knifehand block
4. Jumping forward
 - Kyocha so Dung joomuk nopunde yop taerigi / X-stance Backfist high side strike
5. L-stance
 - Bandae Dollyo chagi / Reverse turning kick
 - Twimyo bandae goro chagi / Flying reverse hook kick
6. Ilbo matsogi / One step sparring (10 Elements)
7. Ban Jayu Matsogi / Semi free sparring
8. Self Defence (8 Elements)
9. Flexibility Test (Show stretching)
10. Power test (Push ups – number set by examiner)
11. Theory (Knowledge of Tae Kwon-Do)