

Grading Syllabus Promotion to 9th kup

1. Saju Jirugi / Four Direction Punch
2. Saju Makgi / Four Direction Block
3. Narani So Kaunde Jirugi / Parallel Stance Middle Punch
4. Moving Forwards & Backwards
 - Gunnun so Kaunde jirugi / Walking stance Middle punch
 - Gunnun so Bakat palmok najunde yop makgi / Walking stance Outer forearm low side block
 - Gunnun so Sonkal najunde yop makgi / Walking stance Knifehand low side block
 - Gunnun so An palmok kaunde yop makgi / Walking stance Inner forearm middle side block
5. Spot exercises In Walking stance
 - Apcha Olligi / Front Rising kick
 - Golcho Olligi / Hooking rising kick
 - Apcha Busigi / Front snap kick
 - Dollyo Chagi / Turning kick
6. Sambo Matsogi / Three Step Sparring
 - Demonstrate the 2 elements of Three step sparring
 - Walking stance middle obverse punch
 - Walking stance Inner forearm middle block
7. Flexibility Test - Show stretching ability
8. Power Test - Push ups number set by examiner
9. Theory - Knowledge of Tae Kwon-Do