



Grading Syllabus



2nd Kup - 1st Kup (Red belt - black tab)

Kicking drills

Taegeuks 1,2,3,4,5,6,7,8

1 step sparring 1 - 15

Self defence techniques x 10

Any defence from ...

- Wrist grab
- Cross wrist grab
- Double hand grab
- Two handed wrist grab
- Collar grab
- Two handed collar grab
- Stranglehold
- Scarf hold
- Rear shoulder grab
- Rear bear hug

Technical free sparring 1 v 1

Technical free sparring 1 v 2

Semi-contact competition sparring

Heavy contact (WTF style) sparring

Destruction

In order to get to this stage, you must have become proficient enough at all of the basic movements. At this stage, you should be prepared to demonstrate any technique asked of you. This could include any stances, blocks, strikes, kicks, locks or throws

This grading is deliberately aimed at being as close as possible to a Black Belt grading. There is no specific line-work involved in a Black Belt grading. You must be prepared to demonstrate any or all techniques. You will also be expected to apply these techniques to various combat situations.

Line Work

You will be expected to demonstrate any of the techniques from the previous sets of syllabus. This is to show your ability to perform any recognised technique and to highlight your understanding of how it is performed. You will also be expected to show a refinement in the execution of the technique between the original time you performed it in a grading and now.

This could be any number of stances, blocks, strikes or kicks. This is to ensure that you do not restrict your practice to a limited set of techniques.

After this stage, there is only one more belt colour to aim for, so you should be proficient at all of the basic techniques.

One Step Sparring

This is to demonstrate your mastery of the basic techniques and their application. It shows your ability to turn defence into attack, under controlled self-defence conditions.

The “sparring” begins with both partners within punching distance. The “attacking” partner attacks with a straight punch to the face, in long stance, firstly, from their right hand, then the left. On each occasion you need to defend the attack, either by avoiding or blocking, then turn the defence into counter-attack. You are not limited to competition legal techniques.

Self-Defence Techniques

This is similar to the one-step sparring except that, in this case, the technique should be in response to a hold, not a straight punch. It is your partner’s choice whether they go for a wrist, collar or shirt grab, a strangle-hold, a bear hug or whichever type of hold they wish. The onus is on you to escape the hold and take control of the situation.

On occasion, this may also include weapons defence, primarily against knife, cosh or baton attacks.

Technical Free-Sparring 1v1

The point of technical sparring is to show that you are able to use the basic kicks and punches in a combat situation. It shows that you can blend with a partner, recognising a target and knowing what technique to use. This is all about showing off your ability, not about trying to land high impact strikes. Work with your partner, do not treat them as an opponent.

The sparring will be under modified WTF competition rules. The targets are the same but, without the body armour, the contact levels are seriously reduced.

Technical Free-Sparring 1v2

There is a specific tactic to taking on more than one opponent. This tactic is to position yourself so that, for as much as possible, one of the opponents is shielding you from the other(s). You quickly need to assess which is likely to be the weaker opponent, then position yourself so that this one is between you and the other. This means that you are only ever taking on one opponent at a time.

To “even the playing field” a little, when sparring like this in a grading situation, the two opponents must stick to WTF rules, whereas the single fighter has no such restriction (within reason !!). Grabs, locks and take-downs are permitted along with the standard strikes and kicks.

WTF-style Competition Sparring

The emphasis is different, in competition style sparring, compared to technical sparring. This style shows your ability to hit specific targets and your mastery of the timings and technique recognition required to do so. The tactics are also different between the two styles of sparring. Competition style becomes more of a “chess game”, manoeuvring your opponent into a position where they are vulnerable to your attacks / counter attacks without presenting them with targets to hit.

As you will be wearing full competition armour, the contact levels will be raised but by no means up to competitive, Full-Contact, levels