



# Grading Syllabus



## 4<sup>th</sup> Kup - 3<sup>rd</sup> Kup (Blue belt - red tab)

- Long stance - Scissor block  
Outside forearm block and reverse palm heel strike  
Tiger strike  
Inverted knife-hand strike
- Back stance - Double knife-hand guarding block  
Mountain block  
Knife-hand Mountain block
- Cat stance - Pushing palm block  
Mid-section spread block
- Sparring stance - Twist kick  
Kicking drills
- Two Hand Wrist Grab  
Cross elbow throw lock  
Inward spin wrist lock
- Collar Grab  
Wrist lock  
Wrist lock and knee press
- Rear Bear Hug  
Upward wrist lock  
Finger lock
- Taegeuks 1,2,3,4,5,6  
1 step sparring x 7  
Non-contact, technical free sparring  
Semi-contact competition sparring  
Heavy contact (WTF style) sparring  
Destruction

At this stage, the basic movements are now combinations or variations of the movements previously covered. On top of this, we introduce the most defensive of the basic stances, the cat stance (or Tiger stance).

The only set kick, at this stage is the twisting kick, a rarely used but still effective variation on the front kick.

The Hapkido techniques, introduced at this stage, vary the attacks. Incorporating defence against collar grabs and rear attacks, as well as the wrist grabs.

## **Ready Position**

Preparation for action. This is the physical movement, to trigger the mental switch to “battle readiness”.

## **Taekwondo Techniques**

### **Long stance**

Stable fighting position. Designed for maximum strength and impact in the technique.

### **Scissor block**

This is a low section block and a reverse outside forearm block executed together. Whichever leg is leading, the corresponding arm is performing the low block. As with the standard blocks, the low block finishes just above the knee and the outer block finishes level with the corresponding shoulder.

The only thing to watch out for, when performing this technique is that you do not tangle your arms / hands as you swap between blocks. The arm performing the low block should be the front arm in the cross, at the mid-way point.

### **Outside forearm block and reverse palm heel strike**

Bring both hands back to the lead shoulder. As you step forward, this now becomes the “reverse” side. The lead arm then performs an outside forearm block. At the same time, the other arm performs a reverse palm heel strike. This technique is designed to defend and counter-attack together, giving your opponent no time to recover and defend your counter strike.

### **Tiger strike**

This strike is aimed at the throat. There is no other potential target for this strike. Be aware that, if performed to it’s full effect, this is one of the most deadly strikes in the martial arts and must ONLY be used if there is no other option. Hopefully, you will never need to use this strike outside of the training hall.

The strike is thrown in the same way as a punch. At the last instant, the hand opens up, with the thumb out to the side. The impact point is the whole length of the index finger and thumb with your opponent’s throat between the two. The hand then “rolls around”, so that the rest of the fingers also make contact with the throat.

Bear in mind that, with the thumb pointing out, it is in danger of being broken, if the strike is slightly off-target.

### **Inverted knife-hand strike**

Also known as a “ridge-hand strike”.

This, too, is thrown in the same way as a punch. This time, at the last instant, the fingers open up in the same way as a knife-hand strike, with the thumb tucked in and out of danger. The wrist then rolls around, to change the angle of attack completely. The strike should land with the knuckle of the index finger.

The targets are the side of the jaw and the temple, although anywhere on the side of the face or the nose is just as effective.

For grading purposes, the target is face level but variations of this technique can be thrown to the mid-section (stomach / solar plexus) or groin.

### **Back stance**

A much more defensive stance, allowing you to adjust the position of your body, away from an incoming attack, without sacrificing your foot position.

### **Double knife-hand guarding block**

As outlined in the previous set of descriptions. This is an open handed version of the traditional guarding stance.

### **Mountain block**

This block is designed to defend against two attacks, from different directions and aimed at different targets. In essence, it is a single fist guarding block and a high block executed together.

As you step, cross your arms in front of your chest, keeping your elbows in to cover the ribs. The arm performing the single fist guarding block will be the lead arm in the cross.

As you perform the two blocks, do not bring the high block up in a circular motion as this does not cover the face at all, making the block ineffective. The high block must come across the face / throat / top of the head.

### **Knife-hand Mountain block**

Exactly the same motion but with the hands in knife-hand position. This gives you the option to grasp either / both of the attacks and take control in that manner.

### **Cat stance (Tiger stance)**

An even more defensive stance than the back stance. This stance is designed to take you even further out of range of the oncoming attack, still without sacrificing the distance of the fight. From the back stance position, move the front foot back to the rear foot. The front knee is bent and the front heel is raised, so that only the ball of the front foot is on the floor. This moves your body position back another 9 – 12 inches, giving you more time and distance to defend the oncoming attack. Because your back foot still has not moved, you are still able to return to a long stance, to launch your own counter-attack. This stance really comes into it's own when retreating, as it shows the full range of movement and the full adjustment of the distance necessary to control the fight. As you retreat you will use all of the basic stances. Initially, you step back into a long stance. This is then adjusted to become a back stance by twisting the back foot to face outwards and bending the back knee. This moves you bodyweight back. Then drag the front foot back, to step into the cat stance. Your body weight will then move back further, taking you out of range of the oncoming attack.

### **Pushing palm block**

In a cat stance, the pushing palm block is, basically, used to slap the oncoming punch away.

### **Mid section spread block**

This is executed in the same way as the spread block performed in a long stance. This is just to show your ability to adapt the technique to a different stance.

## **Sparring stance**

Very flexible stance, based around a sprinter's starting block position. This allows you to move in all directions as fast as necessary. It also allows you to adopt one of the other stances, depending on technique.

## **Twisting kick**

The chamber position for this kick is exactly the same as for the front snap kick. Now imagine a line from your heel to your hip. Open out the hip along this line, so that the knee is now pointing out to the side. Now, as you extend the kick, the angle of attack is much different. This kick can be thrown to either high or mid section.

## **Kicking drills**

No set kicks. At this stage you should be proficient at all of them, so should be prepared to display any kick or combination.

## **Hapkido Techniques**

### **Two Hand Wrist Grab**

#### **Cross elbow throw lock**

Break out one hand and use it to grasp the hand still holding your other hand. Use that hand to grasp your opponent's free hand. Rotate your hands in a big circle, tying up your opponent's arms. Step across them as you continue to circle the arms.

#### **Inward spin wrist lock**

Lift both arms, keeping your elbows close to your body. Break one arm out of the grip and use it to take control of your opponent's other hand (underneath your, still held, arm). Spin around the held hand, dropping to one knee, to increase the pressure on the wrist and elbow.

### **Collar Grab**

#### **Wrist lock**

Reach across with the same hand as your opponent (left / left or right / right), take hold of your opponent's hand and twist inward, to raise the elbow. Using your other hand, pull the elbow back round, putting pressure on your opponent's wrist.

#### **Wrist lock and knee press**

If your opponent grasps with their left hand, lock it off with your right. Your left hand then goes onto their wrist. Twist your body to the right, putting pressure on the wrist and forcing the takedown / throw. When your opponent is on the floor, keep hold of the wrist and put your knee onto the elbow.

## **Rear Bear Hug**

### **Upward wrist lock**

Use your elbows to keep your opponent's elbows in close. Wrench out their uppermost hand, then twist it upward, against the wrist joint. As they release the other hand, twist out into wrist lock position at arms-length. Using the leg nearest your opponent, execute a front kick to the chest. Roll your knee over their arm, to execute the take down and arm lock.

### **Finger lock**

If your opponent's fingers are interlocked, squeeze the hands together, to loosen the grip. Take the hand (fingers), from between the thumb and forefinger, and twist outward. Your opponent's hand should be higher than the elbow. Take out the knee, to take them down.

## **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.

## **Technical Free-Sparring**

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 reduced.

## **WTF-style Competition Sparring**

The emphasis is different, in competition style sparring. This 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 competition sparring and technical sparring. As you will be wearing full competition armour, the contact levels will also be raised but by no means up to competitive, Full-Contact, levels.