



Grading Syllabus



8th Kup - 7th Kup (Yellow belt - green tab)

Horse Riding stance - Treble punch :
Long stance - Low block, reverse punch :
 High block, reverse punch :
 Mid-section inner block, reverse punch :
 Mid-section pushing palm block :
Sparring stance - Front kick, half turning kick :
 Half turning kick, full turning kick :
 Chopping kick, reverse punch :

Taegeuks 1&2

3-step sparring 1-3

NON-contact, technical free sparring

At this point, we start to introduce combinations of techniques. In particular, the ideas of turning defence into counter-attack and that of clustering kicks using different angles of attack. Also introduced at this stage is the use of the hands and feet in combination as the distance of the fight changes.

Demonstrations are no longer performed, at this stage. You are expected to know the basic technique without requiring a demonstration.

Also at this stage, you are expected to spar, on a strictly light contact basis. This is to show application of technique, speed of movement and tactical awareness.

Techniques

Ready Position

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

Horse Riding stance

Not a practical stance to fight from but does have one practical application, to escape from a “bear-hug” type hold.

Treble punch

Again, all three punches are designed to do damage, so must be thrown with equal “venom”. The second and third punches are only thrown because the first one did not put your opponent down. Each punch requires full hip movement and speed of delivery. Do not rush the punches. Putting a (very) slight pause between the punches generates more power in each.

The first two punches are aimed at the solar plexus, the third is thrown to the face. It must be in this order. The first two punches will bend an opponent forward. At this point the face becomes a target.

Long stance

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

Low block, reverse punch

High block, reverse punch

Mid section inner block, reverse punch

These movements each take one of the standard blocks, outlined earlier, and turn the defensive movement into a counter attack. In most cases, once an attack has been blocked, a target will present itself. Purely defensive movements give your opponent no reason to stop attacking. The longer they continue to attack, the more likely they are to land an attack. Counter-attacking, on your part, ends the initial attack and allows you to take the impetus.

Both movements need to have the same basic technique as they do when performed individually. Each needs hip movement, to generate the speed and the power. Pause (very) slightly between the movements, to ensure that the defensive move has fully completed. This has the effect of ensuring maximum power in both parts.

Once the reverse punch has been thrown, the punching hand will become the blocking hand for the next set.

Be aware that, from the high block, the counter punch **MUST** be to the mid-section. It cannot be high, as the attacking arm will be covering their face.

Mid section pushing palm block

This is not a “reverse” block. Whichever leg is leading, the corresponding hand will perform the block.

As the first movement will be from the reverse punch of the previous set, move both hands to “gun sight” position with the fists at approximately chin level.

Then, whichever hand is to perform the block moves across the body, with the hand open and the fingers pointing upwards. Make sure that the thumb is tucked in, otherwise it could potentially be hit by the incoming attack, breaking your thumb. Subsequent blocks are thrown in the same manner, only directly from the hip, not from the “gun sight” position.

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.

Front kick, half turning kick

Half turning kick, full turning kick

The point, with these sets of kicks, is two-fold.

Firstly, it is to show that you are able to throw kicks in clusters, moving smoothly between kicks and adjusting the technique while on the move.

Secondly, both sets feature similar kicks. This is to show a difference in angle of attack and, therefore, in technique between the two kicks.

You will need to fully re-chamber the leg and set yourself back into your guarding stance before throwing the second kick. This allows you to adjust your technique for the second.

Chopping kick, reverse punch

Following on from the kicking combinations, this set is designed to show that you are able to swap between leg techniques and hand techniques, smoothly.

The best fighters are the ones who can smoothly transition between leg techniques and hand techniques, depending on the effective distance of the fight and the targets available.

The Chopping Kick (or Axe Kick) begins in a similar way to the pushing kick.

The knee is raised as high as possible, with the back straight and the knee bent.

Do not lean into the chambered leg, as this will make your own head more of a target. Also, do not lift the leg straight. This will put your leg muscles under too much tension, both slowing down the kick and increasing the risk of injury.

The idea of this kick is to throw it above your opponent's head / face then drop it back down onto your opponent.

As you start to extend the leg, then you start to lean backwards, in order to push the hip motion into the kick, as you drive it down.

As the foot touches down, you have now closed the distance on your opponent.

Coupled with this, in order to restore your balance, you need to bring the top half of your body back up straight. As you do so, throw a mid-section reverse punch, in the same manner as outlined previously. Once the punch has completed, bring your arms back into your guarding position.

As an alternative technique for the chopping kick, bring the knee across your body, as you chamber the kick. As you straighten the leg, open the hips out again. This increases the hip power in the kick. It also reduces the amount of target you present while throwing the kick. Plus, it gives you the room to throw the kick at a closer combat distance.

3-Step Sparring

These drills allow you to show that you are able to use the traditional techniques in a relatively practical manner, defending against an attack and turning the defensive movements into counter-attacks.

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.