



Grading Syllabus



3rd Kup - 2nd Kup (Red tab - red belt)

- Horse Riding stance - W block
 - Assisted outside elbow strike
 - First two + Side punch
 - Spinning elbow strike
- Reverse Long stance - Diamond block, reverse punch
- Long stance - C block
 - C punch (both types)

Kicking drills

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

1 step sparring 1 - 10

Self defence techniques x 5

Any defence from ...

- Wrist grab
- Cross wrist grab
- Double hand grab
- Two handed wrist grab
- Collar grab
- Rear shoulder grab
- Rear bear hug

Non-contact, technical free sparring 1 v 1

Technical free sparring 1 v 2

Semi-contact competition sparring

Heavy contact (WTF style) sparring

Destruction

This is the final set of specific techniques to be performed as line-work. From this point on, it is all about refining technique.

This last set introduces more strikes performed while dropping under an opponent's attack. It also brings in a more tactical concept, of blending with an opponent's attack.

Taekwondo Techniques

Horse-riding stance

A sideways-on version of the Horse stance outlined at the very beginning. This time, the stance is designed to be a more effective stance as it is used to drop under an opponent's attack, to launch an attack of your own. Because of this, the stance is expected to be deeper than the original version.

W block

Nominally, this is a block but, in reality, this technique is designed purely to break your opponent's arm as they attack. The important bit is to avoid the oncoming attack.

Lift what will be the rear fist to be level with your chin, at the same distance as an outside forearm block. The aim is to allow your opponent's punch to go into the space between your head and your arm. Move your head slightly away from your arm, so as to avoid the punch.

As you step around, perform a hammer-fist strike with the front arm. At the same time, pull back on the rear arm. Your final position will be similar to a mid-section spreading block but with the wrists facing each other.

The arms must be no wider than shoulder width, otherwise the strike will be ineffective.

The aim is to hit the incoming arm with the hammer fist strike, just behind the elbow. At the same time, the rear arm locks the attacking arm in position. The combined effect is to put maximum pressure on your opponent's elbow, either breaking the arm or dislocating the elbow.

Assisted outside elbow strike

As you step into the horse stance, clench the fist of the striking arm and wrap the other hand around it. The elbow strike then drives outward, into the opponent's ribs, supported by the assisting hand.

First two + Side punch

After each of the strikes, turn your body as square-on as you can. This ensures that the punch will truly be thrown as a punch, instead of a hammer-fist strike. As the punch is thrown, turn your body sideways on again. This drives the hip power into the technique.

Spinning elbow strike

This time, the step is taken behind yourself. As you do so, bring your arms together so that each fist touches the opposite elbow. As the step touches down, strike out with the lead elbow. At the same time, pull the other arm back to the hip, to open out the chest and add more impact to the strike.

Long stance

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

C block

This block is designed to catch the weapon, if attacked with an overhead strike by an opponent wielding a short staff (Jo). Even though this block is performed in long stance, it is not possible to perform this movement and remain “square-on”, due to the nature of the block.

This is almost the same as throwing two Tiger strikes. The hand position is the same, with the hands open and the thumbs pointed out. The point is to catch the staff, at both the high and low points, between the thumb and the fingers. Keep the fingers relaxed, as this will allow you to manoeuvre the hands to allow you to take some of the impact on the heel of the hand, not the “webbing” between the thumb and forefinger.

Chamber the hands in front of the chest. As you step forward, the lead hand goes low – approximately stomach level – while the rear hand goes high – just above the head. The two open hands face towards each other.

In order to get the hands into the correct position, you will need to both lean forward a little and twist the body away from the lead leg. This will allow the rear hand to reach further forward, protecting your head, and will allow your hands to be in-line to defend a vertical downward strike.

C punch 1

This is the same movement as the C Block, but with the fists clenched. The front hand performs an upset punch, to your opponent’s stomach, while the rear hand throws an overhand punch to the face.

C punch 2

This is a short range hook punch to the mid-section.

Bring the punch up, in the same way as an upset punch or short-range uppercut. Then bring your hand across in front of your solar plexus, while lifting the elbow. The wrist can either be facing downwards or towards yourself, whichever way you feel most comfortable.

Reverse Long stance - Diamond block

This technique is performed as two blocks – one outside forearm block and one low block – however, this is not the correct application. The intention with this technique is not to defend against two opponents although it could be used for that purpose.

Only the outside forearm block is actually defending. The low block puts your arm into position to be able to launch an attack on your opponent’s front knee.

The reverse long stance allows you to blend with your opponent, matching their foot and body position.

Step right across yourself, pivoting on the ball of the front foot as it touches down, turning your body away from the direction of movement. What would normally be the front foot now becomes the rear foot in a standard long stance. During the step, cross your arms in front of your chest. The corresponding arm to the foot making the step should be the lead arm in the cross. As the step completes, this lead arm performs a low block over the, now straight, leading leg. The other arm performs an outside forearm block but slightly higher than usual. The elbow should be at shoulder level

with the arm guarding the face. Your head should be facing in the direction of the low block.

The outer block has actually become a “slip” block, deflecting the punch away from your face but still allowing you to control it’s movement. It is a relatively “soft” block.

The reverse long stance has allowed you to blend with your opponent’s stance, bringing you in closer.

The low block is actually a preparation position, to allow you to either strike at your opponent’s knee or to scoop the knee up, breaking their balance. This also allows you to open up the groin for a counter strike / punch.

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.

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.

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.

Hapkido / Self-Defence x 5

This will show your ability to recognise the type of attack and to use the correct technique to escape that attack.

Your partner chooses the attack – any 5 from ...

- Wrist grab
- Cross wrist grab
- Double hand grab
- Two handed wrist grab
- Collar grab
- Rear shoulder grab
- Rear bear hug

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 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(s). 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