



Grading Syllabus



7th Kup - 6th Kup (Green tab - green belt)

- High stance - Inside knife-hand strike :
high section spreading block :
- Long stance - Outside knife-hand strike :
High section palm heel strike :
Rising elbow strike :
- Back stance - Outside forearm block :
- Sparring stance - Side kick :
Sliding half turning kick :
Back kick :
Half turning kick, back kick :

Taegeuks 1,2,3

3-Step Sparring 1 - 5

NON-contact, technical free sparring

At this point we start to include various different strikes, to add to your arsenal. This is to increase the number of strikes available to you, on top of the standard kicks and punches. Each has a specific purpose and a specific range of targets, particularly those targets where a punch would not be as effective. In the case of the Palm Heel Strike, this can be used as an alternative to a straight punch.

We also now start to introduce the back stance – a much more defensive stance – used to move your body further away from an attack, without compromising your foot position. This allows you to turn defence into counter-attack as quickly as possible.

Ready Position

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

Techniques

High stance

The same as a normal, everyday walking pace. This allows you to keep yourself at the optimum distance for the technique to complete, when the actual combat distance is shorter, thus keeping the power.

Inside knife-hand strike

Treat the basic movement as if it were a high-section punch. Only at the last instant does the technique change to the knife-hand strike..

The movement, as per many others, goes in a straight line to the target, as this is the fastest technique. It also disguises the true intent.

The target is either the side of the head (jaw, temple), the neck or the collar-bone. The technique varies, slightly, dependent on the target. Just before the point of impact, the hand position changes, as does the angle of attack.

For the collar bone, the angle stays roughly the same, with the fingers open and pointing up. The middle finger should be bent slightly. The reason for this is two-fold.

Firstly, this tenses the hand, increasing the strength of the strike.

Secondly, should the strike be slightly off-target and the impact is with the fingers instead of the knife-edge of the hand, you will only break 1 or 2 fingers, instead of all 4 !!!

When attacking the head or neck, the hand twists and the hips open up, to change the attacking angle.

In each case, the majority of the power is generated from the hips and the legs (driving forward), not from the arm movement.

High section spreading block

The purpose of this block is, essentially, the same as an outside forearm block.

The second arm is there for 2 reasons. One is to act as a guard, to stop your opponent from throwing a second strike. The second reason is to have your hands in position to be able to grab the head, for a follow up knee-strike.

The arms cross, in front of the chest and with the wrists facing toward you, with the arm corresponding to what will be the lead leg, being the lead arm in the cross. Turn slightly, with the stepping movement, to allow for hip motion in the block.

Un-cross the arms, with the wrists facing outwards, stopping at shoulder-width.

Any wider is wasted movement and allows your opponent chance to strike again before you can recover position. As per the outside forearm block, the arms should have a 90 degree bend, in order to maximise the coverage and the effective distance of the block.

Long stance

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

Outside knife-hand strike

Keep the non-striking hand out in front. The striking hand chambers above the other arm with the fingers extended and the finger tips reaching almost to the jaw bone. Straight-line the technique as much as possible, generating power from both the hip motion and the arm extension. The target is either the side of the head (jaw / temple) or the neck (carotid artery). Like the inside knife-hand strike, bend the middle finger of the hand, for the same reasons.

High section palm heel strike

This is delivered in much the same way as a walking punch and can be used as an alternative to a punch. In this case, the hand is open and the fingers pulled back, locking the wrist into position. The thumb needs to be tucked in, out of the way, to reduce the chances of it being broken during the strike. The target is either the nose, the chin or the solar plexus. You aim to land with the meat of the palm, ensuring a straight line from impact point to elbow. This guarantees maximum impact and minimum risk of injuring your wrist.

This technique has a number of advantages over a punch.

Firstly, there is no risk of separating your knuckles, which there is if you land a punch incorrectly.

Secondly, there is less risk of wrist injury.

Thirdly, this technique is favoured by ladies with long finger nails. When punching, the correct hand position is to curl your fingers into the palm of the hand. With longer nails, you run the risk of lacerating your own palm. There is no risk of this with a palm heel strike.

Rising elbow strike

The target for this strike is directly under your opponent's jaw. As you throw the strike, open the fingers of the striking hand. This allows the hand to go past the side of your head, instead of punching yourself in the eye. To aid this, you will also need to turn your body at an angle of approximately 30 degrees. Like most strikes, the non-striking hand pulls back to the hip just as fast as the striking hand moves, opening up the hips and chest, generating more power.

Back stance

This is a much more defensive stance, allowing you to adjust the position of your body, away from an incoming attack, without sacrificing your foot position. Starting from a Long Stance, twist on the ball of the back foot until it points outward at a 90 degree angle. Push your back knee out, to point in the same direction. Bend the back knee, such that approximately 70% of your body weight is on this leg. Your body “automatically” moves back by approximately 9” (23cm), giving you more time to defend against the oncoming attack.

As your feet have not actually moved position, you will be able to return to a Long Stance easily, to launch your own counter-attack.

This stance is also much more “flexible” than the long stance, allowing you to throw relatively defensive kicks with the front leg without the need to re-adjust your body position too much, due to the distribution of your body weight. Also, as most of your weight is on your back leg, you have potential energy stored there, allowing you to launch back leg kicks and forward strikes with lots of force.

Any adjustment of distance can be done by shifting the percentage of your body weight supported by each leg, instead of the need to lean forward or backwards. Your body position will be sideways on to your opponent, in this stance.

Outside forearm block

Your arms cross in front of your body, with the centre of the cross just below the solar plexus. The blocking arm must be the front arm in the cross, otherwise you run the risk of your arms catching on each other as you complete the technique.

The blocking arm then comes back across the body again, finishing level with its own shoulder. The non-blocking arm pulls back to the hip at the same time as the blocking arm completes the technique. This opens out both the chest and the hips, generating more power in the block.

In Back Stance, the hand finishes in a straight line from the fist, along your shoulder line, with the elbow level with your bottom rib.

Sparring stance

The ultimate in flexible stances, based around a sprinter’s starting block position. Your body weight is spread evenly, allowing you to move in all directions as fast as necessary. It also allows you to adopt one of the other stances, depending on technique.

Side kick

As previously described. As this is the most technically demanding of all the kicks, there is expected to be a refinement between this grade and the previous one. It must be thrown in a straight line, from the chamber position to the final impact point. Otherwise, you will need to compensate for the body position by turning it into a kind of snap kick, negating the point of the kick.

Sliding half turning kick

In this case, the kick is delivered from the lead leg. The hip movement is all important, as this is where the power and the speed is generated. It is, essentially, a half turning kick delivered from a stepping movement. Take a full step forward, including the full hip movement. The kicking leg has now become the back leg. The kick is now delivered in exactly the same way as the standard half turning kick.

As you get more proficient at this kick, it can be delivered in a faster movement, where the non-kicking leg acts in the same way as with a scissor kick. The hips make a full movement in each direction but the non-kicking leg doesn't touch down until the kick is delivered. For maximum effect, the standing leg touches down at the same time as the kick is delivered.

Back kick

Pivot on the balls of both feet, as you spin over your lead shoulder, turning your head to view the target. Do not lift the kicking leg too early. Bring the knees together then lift the kicking foot, like a "mule" kick. "Punch" the kick out in a straight line to the target. If delivered correctly, you should be able to re-chamber the kick and bring it back the way it came. If you lift the knee too early, it is not possible to do this and you could end up losing your balance and falling forward towards your opponent. Lifting the knee also allows your opponent to step "inside" the kick, stopping it from landing. Keeping the knees close and lifting the kick means that, if your opponent tries to step inside it, they run onto the kick.

Back kicks are only ever used for 2 reasons, either as a counter-attack or as part of a combination, such as the next set.

Half turning kick, back kick

Each kick in this combination has to be delivered correctly otherwise you are off balance and unable to deliver the second kick correctly, turning it into a spinning side kick, instead of a back kick.

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. These drills are the pre-cursors to the 1-Step Sparring, which turns defence into immediate counter-attack.

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