



Grading Syllabus - 4th Kup (Blue belt) to 3rd Kup (Red stripe)

You will be required to perform the following exercises consistently and accuracy as instructed.

1. Various basic techniques from previous gradings
2. Various blocks, kicks and strikes relevant to your grade
3. Semi free sparring
4. Pattern: Your choice
5. Pattern: Yul-Gok
6. Pattern: Joong-Gun
7. Other previous patterns
8. Padwork various kicks and hand techniques
9. Free sparring
10. Any combinations from previous gradings

Stances must be of the required distance. Correct weight distribution should be maintained at all times. Particular attention will be paid to both hand positions and body alignment. Confidence and attitude will also be considered during the grading.

Always address the instructor and the grading examiner as "Sir".

You will also be expected to answer up to 5 questions from the following correctly:

69. Korean for any technique from pattern Joong-Gun?
70. Korean for any technique relevant to your grade?
71. What is the interpretation of pattern Joong-Gun?

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

72. Any of the previous questions may be asked.