



Grading Syllabus – 2nd Kup (Red belt) to 1st Kup (Black 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. One step sparring
5. Pattern: Your choice
6. Various Patterns: Examiners choice
7. Pattern: Hwa-Rang
8. Other previous patterns
9. Padwork various kicks and hand techniques
10. Free sparring
11. 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:

77. Korean for any technique from pattern Hwa-Rang?
78. Korean for any technique relevant to your grade?
79. What is the interpretation of pattern Hwa-Rang?

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th infantry division, where Taekwondo developed into maturity.

80. What does the colour Red signify?

Red signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.

81. Any of the previous questions may be asked.