



Grading Syllabus - 6th Kup (Green belt) to 5th Kup (Blue stripe)

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

1. Sitting Stance Triple Punch
2. Walking Stance Low block, rising block, reverse punch
3. L-Stance kicks (Turning, Side, Axe kicks, forearm guarding block)
4. Walking Stance Front kick double punch
5. Pattern: Do-San
6. Pattern: Won-Hyo
7. Other previous patterns
8. Semi-free sparring
9. Pad work from the following techniques - Turning kicks, punches, axe kicks, side kicks
10. Any combinations from previous grading.

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:

51. What is close ready stance A in Korean? [Moa chunbi sogi A \(Moe-ah chunn-bee sogg-ee A\)](#)
52. What is inward knife hand strike in Korean?
[Annuro sonkal taerigi \(Ann-oo-roe sonn-kal tair-eeg-ee\)](#)
53. What is side punch in Korean? [Yop jirugi \(Yopp Jeer-oog-ee\)](#)
54. What is fixed stance in Korean? [Gojung sogi \(Goh-Jung sogg-ee\)](#)
55. What is Circular block in Korean? [Dollo myo makgi \(Doll-oh Mee-oh makk-ee\)](#)
56. What is Bending ready stance in Korean? [Goburyo sogi \(Go-burr-ee-oh sogg-ee\)](#)
57. What is the interpretation of pattern Won-Hyo?
[Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.](#)
58. What does the colour green signify?
[Green signifies the plants growth as the Taekwondo skill begins to develop.](#)
59. Any of the previous questions may be asked.