







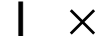




Condensed Techniques Syllabus 10<sup>th</sup> – 1<sup>st</sup> Gup

GRADE & PATTERN	STANCES	DEFENSIVE TECHNIQUES	OFFENSIVE TECHNIQUES	STEP SPARRING	SELF DEFENCE	BREAKING
 Saju Jirugi Saju Makgi	Attention Stance Parallel Stance Parallel Ready Stance Walking Stance Walking Ready Stance Sitting Stance Sitting Ready Stance	Forearm Low Block Knifehand Low Block Inner Forearm Middle Side Block Front Rising Kick	Forefist Front Punch Front Snap Kick	3 Step Sparring Alone One way Hand Techniques	10 <sup>th</sup> to 8 <sup>th</sup> Gup self defence is grouped  Grab to the wrist Same Side  Grab to the wrist Opposite Side  Two hand grab to Both wrists.	N/A
 Chon Ji 19 movements	L-Stance L-Ready Stance	Forearm Inward Block Forearm Guarding Block Side Rising Kick	Flat Fingertip Thrust Side Front Snap Kick Turning Kick	3 Step Sparring With Partner One way Hand Techniques		N/A
 Dan Gun 21 Movements	Parallel, Sitting and L- Stance foot crossing in eight directions  +  X	Forearm Rising Block Outer forearm Side Block Knifehand Side Block Twin Forearm Block Knifehand Guarding Block	Knifehand Side Strike Side Turning Kick Side Piercing Kick	3 Step Sparring With Partner Two way Hand Techniques		Front Snap Kick
 Do San 24 Movements		Outer Forearm Wedging Block Palm Downward Block	Middle Reverse Punch Back Fist High Side Strike Straight Fingertip Thrust Back Piercing Kick Downward Kick Reverse Turning Kick	3 Step Sparring With Partner One way Foot Techniques	7 <sup>th</sup> to 5 <sup>th</sup> Gup self defence is grouped  Release per Do-San  Lapel Grab, One Hand	Side Piercing Kick
 Won Hyo 28 movements	Bending Ready Stance A Fixed stance Close stance Close Ready Stance A	Inner Forearm Circular Block Crescent Kick	Fixed Stance Side Punch Knifehand inward Block Reverse Knifehand Strike Vertical Kick Pick Shape Kick Twisting Kick Reverse Hooking Kick	2- Step Sparring	Lapel Grab Two Hands  Bear Hug From Behind under Arms and Over Arms	Turning Kick

Condensed Techniques Syllabus 10<sup>th</sup> – 1<sup>st</sup> Gup

GRADE & PATTERN	STANCES	DEFENSIVE TECHNIQUES	OFFENSIVE TECHNIQUES	STEP SPARRING	SELF DEFENCE	BREAKING
 Yul Gok 38 Movements	X Stance Jumping X Stance	Twin Knifehand Block Double Forearm Block Palm hooking Block Hooking Kick	Front Elbow Strike Back Snap Kick Side Pushing Kick	One Step Sparring  Hand and Foot Combinations	Two hand wrist Grab From Behind  Two Hand Shoulder Grab From Behind	Back Piercing Kick Twisting Kick Front elbow strike
 Joong Gun 32 Movements	Low Stance Rear foot Stance Close Ready Stance B Foot Shifting	Reverse knifehand Side Block Palm Upward Block X Fist Rising Block Palm Pressing Block U Shape Block	Upper Elbow Strike Twin Vertical Punch Twin Upset Punch Angle Punch Skip Kick	One Step Sparring  Skip Kicks	4 <sup>th</sup> to 2 <sup>nd</sup> Gup self defence is grouped  Release per Joong –Gun	Skip Kicks - Front Side Turning Back
 Toi Gye 37 Movements	L- Stance foot crossing in six directions with a jump change at each point.  	X Fist pressing Block W Shape Block Double Forearm Low Pushing Block Back fist Side Back Strike Knifehand Low Guarding Block Flying Crescent Kick	Upset Fingertip Thrust Twin Side Elbow Thrust Upward Kick Flying kicks	One Step Sparring  Flying Kicks	Defence against the following attacks must contain knees and elbows as counter attacks Defence against - Twin Palm push Straight punch Back fist strike Hook punch Double hook punch Grab & hook punch	Flying kicks -  Front Kick Side Kick Turning Kick Back Kick  Hand technique -  Knifehand side strike  Reverse Knifehand Strike
 Hwa Rang 29 Movements  4 Direction Thrust	Vertical Stance Close Ready stance C Sliding	Palm Pushing Block Side Front Block Front Checking Kick Side Checking Kick Flying Hooking Kick	Upward punch Knifehand Downward Strike Side Elbow Thrust Mid Air Kick	One Step Sparring  Flying Kicks	Break falls – side, front, back Rolling Break falls Front & back  Release per Hwa-Rang	
 Choong Moo 30 Movements	N/A	X Knifehand Checking Block Twin Palm Upward Block	Downward Punch Knifehand high Front Strike Reverse Knifehand High Front Strike Flying High Kick Overhead Kick	As Per Black Belt Application		

Condensed Techniques Syllabus 10<sup>th</sup> – 1<sup>st</sup> Gup

Notes: As part of your grading others activities will be tested such as

- All Theory for own grade and below
- Flexibility and strength tests
- Balance and strength tests
- Jumping and flying tests (optional)
- Foot position in kicks
- Attitude
- Etiquette
- Class attendance and other Taekwon-Do activity attendance
- Leadership qualities
- Helpfulness