



GRADING SYLLABUS

1ST KUP RED TAG

TO

1ST DAN BLACK BELT



Black Tag Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Red Belt Colour Meaning: Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Black Belt Colour Meaning: Black is the opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Pattern: Choong-Moo Tul.

Pattern Interpretation: Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present-day submarine.

Moves in Korean

X-knife hand checking block	Kyocha sonkal momchau makgi
Twin palm upward block	Sang sonbadak ollyo makgi
Flying side kick	Twimyo yopcha busigi

Choong-Moo Tul

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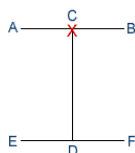
The reason why this pattern ends with a left-hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Ready stance: Parallel ready stance

No of moves: 30

No of stances: 5

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.

Cont/...

Choong-Moo Tul (cont'd)

13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot.
Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight fingertip at the same time move the left palm in a downward circular movement finishing at the solar plexus.
23. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
25. Execute a middle side piercing kick to A with the right foot turning counter-clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command "baro" is given; at this point the left leg is moved to form parallel ready stance facing D.



High inward knife-hand strike and knife hand rising block (Walk stance) **2**

Twin knife-hand block (L-stance) **1**

High spearhand (Walk stance) **4**

Mid knife-hand guarding block (L-stance) **3**

Mid knife-hand guarding block (L-stance) **5**

Mid knife-hand guarding block (L-stance) **8**

Mid knife-hand guarding block (L-stance) **7**

Mid side kick (L-stance) **6**

Bending ready stance (L-stance) **5**

Mid side knife-hand X-block (L-stance) **27**

Rising block (Walk stance) **29**

Mid punch (Walk stances from side step turn) **30**

High double forearm block (Walk stance) **23**

Mid inward block (Walk stance) **24**

High side back fist (Walk stance) **25**

Mid side kick (Walk stance) **26**

Twin upward palm block (Walk stance) **28**

Mid spear hand (Walk stance) **22**

High back fist with low outer forearm block (Walk stance) **21**

Low spearhand (Walk stance) **20**

U-shape block (L-stance) **18**

Mid knife-hand guarding block (L-stance) **19**

Mid guarding block (L-stance) **16**

Mid turning kick (L-stance) **17**

Reverse mid back kick (L-stance) **15**

High reverse knife hand strike (Walk stance) **13**

High turning kick (Walk stance) **14**

Upward knee kick (Walk stance) **12**

(Grab) (Walk stance) **11**

Low outer forearm block (L-stance) **10**

Double-action jump side kick (L-stance) **9**

Mid knife-hand guarding block (L-stance) **8**

High double forearm block (Walk stance) **23**

Mid inward block (Walk stance) **24**

High side back fist (Walk stance) **25**

Mid side kick (Walk stance) **26**

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Mid turning kick (L-stance) **17**

Reverse mid back kick (L-stance) **15**

High reverse knife hand strike (Walk stance) **13**

High turning kick (Walk stance) **14**

One Step Sparring – Self Defence – Black Tag

- Measure** Face your opponent in attention stance. The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to attention stance.
- Starting Positions** **Attacker** – parallel ready stance. (Kihap to show that they are ready to attack just on number 1)
Defender - parallel ready stance. (Kihap to show they are ready to defend just on number 1)

The Attacks, Defences & Counters

1. **Attack** Step forward into right walking stance, perform an obverse mid-section punch.
- Defence/Counter** Step right leg forward slightly to form a sitting stance at an angle to the attacker. Perform a hooking block with left hand; perform a right inward elbow strike to attacker's temple followed by an outward elbow strike to the opposite side of temple, then a knee kick to the abdomen and finally a downward elbow strike to the back of neck.

Both return to parallel ready stance

Repeat for the opposite side

2. **Attack** Grab opponent's right wrist with your left hand.
- Defence/Counter** Step out into left walking stance; perform outward release from grab followed by a high section reverse punch with the right hand (as in Joong Gun moves 14 to 16)

Both return to parallel ready stance

Repeat for the opposite side

3. **Attack** From a parallel ready stance, the attacker performs a double handed grab to throat (with no force).
- Defence/Counter** Step right leg backwards into left walking stance while performing an outer forearm wedging block. Follow this with a rear leg front snap kick then an obverse and reverse mid-section punch (as in Do-San moves 15 & 16)

Both return to parallel ready stance

Repeat for the opposite side

Cont/...



One Step Sparring – Self Defence – Black Tag (cont'd)

4. Attack From a parallel ready stance, grab the defender's right shoulder with your right arm while standing behind them.
- Defence/
Counter Spin anti-clockwise landing in a left walking stance. Perform an outer forearm outward block with the left hand followed by a reverse punch (as in Do San moves 1 & 2)
- Both return to parallel ready stance
- Repeat for the opposite side
5. Attack Stand behind your opponent, wrap both your arms around their upper torso including the arms.
- Defence/
Counter Perform a stamp to their foot with your right foot, throw your head backwards as if to hit them in the face. Thrust hips backwards then angle body off towards the left. Perform a right rear elbow thrust to their abdomen followed by a low side fist back strike to their groin. At this point grab the back of the opponent's knees and pull them forward to take them down onto your knee. When they are on the floor, perform a stamp as if to hit the groin.
- Both finish by standing in parallel ready stance
6. Attack Place opponent in a head lock under your left arm.
- Defence/
Counter Turn head to face opponent's body. Perform a punch with the left hand as though hitting your opponent in the groin. Take your right hand over the attackers left shoulder and under their chin. Place your left hand behind their left knee and pull while pushing backwards with your right hand in a see-saw motion dropping the attacker onto your knee as they fall to the floor. When they are on the floor, perform a stamp as if to hit the groin.
- Both finish by standing in parallel ready stance



Breaking

At this grading you will also be required to demonstrate board breaking. This is something you will have received close supervision and guidance on in classes and must NOT be attempted outside the Dojang. Students will be required to break a single board (juniors will work on a different level of board) using any hand or arm technique (left and right) and any kick (left and right).



Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without instruction.

All the information relevant to this grading can be found in the grading syllabuses for 10th – 1st Kup

I know everything from all the previous grading syllabuses/checklists	
50 Press ups	
Sitting stance, high, mid, low punch	
Walking ready stance front kick, side kick, double block	
Walking stance, low block, rising block, reverse punch	
L-stance knife hand guarding block, step out into walking stance upper elbow strike	
Rear leg front kick, turning kick, double punch	
Walking stance, double forearm block (middle), then low stance	
Side kick, back kick, reverse punch	
First 3 moves of Won-Hyo Tul	
Turning kick, reverse turning kick, lead hand ridge hand, reverse punch	
First 2 moves of Toi-Gye Tul	
Front leg hook kick, side kick combo, rear leg axe kick	
Walking stance, double hooking block, obverse punch, twin knife hand block	
Knife hand guarding block, front leg front kick, flat fingertip thrust	
Fixed stance, U-shape block	
Jumping side kick, rear leg with step	
Walking stance, wedging block, knife hand strike	
Jumping front kick without step, low stance, palm pressing block	
Walking stance, X-fist pressing block, X-fist rising block	
Double side kick	
Side kick, jump back kick	
Turning kick, 360° turning kick	
Step scissor side kick	
Perform all of the coloured belt patterns	
Perform Choong-Moo Tul	
Perform the student's choice pattern	
Three step sparring – 1 - 10	
Two step sparring – 1 - 8	
Three step semi-free sparring – 1 - 5	
One step sparring - basic – 1 - 10	
One step sparring - advanced – 1 - 10	
One step sparring – self-defence – 1 - 6	
Free sparring (full sparring kit required)	
Breaking	