**Yellow belt - 8th Kup grading syllabus**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☯ **Practical - what you need to do.**

Students need to learn and recall a Tae Kwon-Do syllabus to be able to pass a grading in order to move up the grades. Below is what is expected of the student. The knowledge needs to be maintained for the next grading as the examiner may ask the student to recall any of the previous syllabus also.

Variations of the grading format are at the examiner's discretion; this sheet is for guidance only. Answer examiners with “Sir” or “Ma’am” when spoken to.

Students need to recall all previous grading syllabus, plus:

* Identify yourself (name and grade)
* L stance, twin forearm block
* Walking stance, front snap kick, double punch
* L stance, middle section, inward outer forearm block
* Turning kick land in guarding block
* L stance forearm guarding block
* Pattern - Dan-Gun
* Three step sparring 1-4
* All previous theory

☯ **Theory - what you need to say.**

The Korean language is challenging. We are not teaching students to be fluent in the art of the Korean language but to know technical phrases. The Korean language is ancient and has been influenced by many other cultures and languages, such as Japanese, Chinese and the West. The pronunciation can be challenging for younger students (to say the least) and there are disagreements as to the pronunciation of some words. I would suggest asking a higher-grade student or the instructor as to how to say certain words if you are finding it difficult.

Students need to recall all previous grading syllabus, plus learn the Korean terminology for the new techniques taught, belt colour and patterns.

**Yellow Belt –** signifies the earth from which the plant sprouts and takes root as the foundations of Taekwondo are being laid.

**Dan-Gun -** Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

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| --- | --- | --- | --- | --- | --- |
| **General** |  |  |  | **Parts of the body** |  |
| Backfist strikeInward Twin Outer Forearm BlockKnife handKnife hand Guarding BlockKnife hand StrikeOutwardPalmSemi free sparringSide piercing kick | Dung Joomuk TaerigiAnaero Sang Bakat Palmok MakgiSonkalSonkal Daebi MakgiSonkal TaerigiBakaeroSonbadakBan Jayoo MatsokiYop cha jirugi | Attention stanceParallel ready stanceBowBackfist front downward strikeFront kickTurning kick | Charyot SogiNarani Junbi SogiKyong YeDung Joomuk Ap Naeryo TaerigiAp ChagiDollyo Chagi | Palm (of hand)Ball of foot | SonbadakAp Kumchi |

**What is 3 step sparring**

Three step sparring is designed for the beginner to learn the basic techniques. It teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

If the students arms do not touch their partners, they are too far away and the activity loses its purpose.

**THREE STEP SPARRING (SAMBO MATSOKI)**

Attack = Always three middle section front punches in walking stance, start with right leg back arms in obverse low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

1. Right leg back walking stance, middle inner forearm block to the inside three times.

*Counter attack = Reverse punch*

2. Left leg back 'L' stance, middle inner forearm block to the outside three times.

*Counter attack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knife hand strike to the neck.*

3. Left leg back 'L' stance, middle inward outer forearm block to the inside three times.

*Counter attack = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.*

4. Left leg back 'L' stance, middle inward forearm block to the outside three times.

*Counter attack = Move the left leg into a sitting stance, focus with left hand, execute double punch.*

**Number of Movements:** 21

**Starting Position:** Parallel ready stance

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time 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 punch to A with the left fist
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm
16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand
19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist
20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand
21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist

**END: Bring the left foot back to a ready posture**