



World Taekwondo Mandeville

Kup Grading & Technical Guidance Syllabus

(Newly Revised Edition 2025)



Kup Grading Syllabus

TRAINING PERIODS

The table below shows the minimum amount of time and number of classes required to be eligible

to test. Minimum training is regarded as attending training sessions twice per week. Students will be notified ahead of time if they qualify to participate in the next grading exam.

Current Belt Color	Time	Classes
White	Not Specified	Not Specified
Yellow-Stripe	2-3 months	20 classes
Yellow	2-3 months	20 classes
Green-Stripe	3 months	25 - 30 classes
Green	3 months	25 - 30 classes
Blue-Stripe	4 months	30 - 35 classes
Blue	4 months	30 - 35 classes
Red-Stripe	5 months	40 - 45 classes
Red	5 months	40 - 45 classes
Black-Stripe	6 months	Not Specified

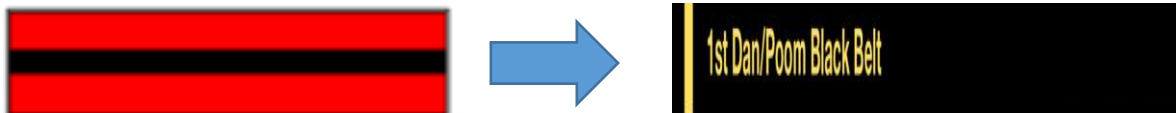


Technical Syllabus

for

Black-Stripe Belt

(1st Kup)



Attendance/Time

There is a minimum of 6 months from the previous Kup grade to be recommended for the 1st Dan/Poom. (The poom grade is sometimes referred to as a "Junior Black Belt," and is reserved for individuals less than 15 years of age. The Kukkiwon in Korea will only issue dan certificates to students aged 15 years or older.)

Grading Standards: Are You Ready?

At this stage the student should be exhibiting full power and speed of technique by utilizing their whole body: reaction force, hip movement, balance, breathing, and synchronization of movement of the body with the completion of techniques. This results in the traditional "snap" of the Dobok when performing most techniques. Transitions between techniques should be sharp, balanced, and show an awareness of the environment around them. Finally, the successful student is simultaneously teacher, leader, and student role-model. It's a lot to live up to, but if you've trained hard for your black belt and your instructor has put you forward for testing, they believe that you are worth your black belt. The test is only to prove to you that you're worth it. Higher grade patterns continue with a journey of self-realization, with patterns and techniques being subtly transformed to suit the preferences and abilities of the individual. They take a while to master, but remember: your next test will be in a minimum of two years.

Practical Applications

Taekwondo's strong emphasis on kicking techniques, along with its origins as a combat sport and current status as an Olympic sport, mean that the practical applications of Taekwondo techniques are often maligned. While self-defence and combat techniques have been taught throughout the syllabus, at the black belt level the student should begin to develop the practical, martial applications of the techniques—often reflected through pre-arranged sparring (Il-bon Kyorugi). The



student should be able to explain the practical applications of one-step moves in this syllabus and, ideally, develop their own.

HAND & COMBINATION TECHNIQUES

- Horse Riding Stance (All Basic Blocks, Punches and Strikes) x 5
- Stances (Technique Combinations done in all stances up to this rank) **Instructor's Discretion**
- Forward Stance – Front Kick, Low Block and Arc Hand Strike x 5
- Forward Stance – Double Inner Forearm Middle Block, Front Kick, Low Arc Hand Strike, then Walk Stance, Double Inner Forearm Middle Block x 5
- Horse Riding Stance – Single Knife hand Block, Target Punch to palm, Front Cross Stance, Side kick then low Fingertip Thrust and end in Walk Stance Low Block x 5
- Forward Stance – Consecutive: Outward Knife hand Strike, then Knife hand Low Block, then step forward Inward Knife Strike to neck x 5

KICKING & COMBINATION TECHNIQUES

All done from Fighting Stance and moving forward:

- Combination, Consecutive, Directional, Double, Jumping kick (Instructor's Discretion)
- All Basic Kicks in Fighting Stance (Moving Forward) x 5

POOMSAE

- Any 3 Poomsae up to current rank by Instructor's discretion
(Between Kibom Il Jang -Taegeuk Pal Jang)

SELF DEFENSE - HOSIN SOOL

- Any Three grabs from front x 2
- Any Three grabs from behind x 2
- Any Three Strike from front x 2

1st Kup - Black Stripe



Weapon: Knife

- Middle Thrust (2 times)
- Downward Overhead
- Downward Stab to Chest
- 45° Slash

Weapon: Stick or Bat

- Downward Overhead Strike
- 45° Swing
- Middle Thrust

SPARRING

- Three Step Sparring (1-3)
- One Step Sparring (16-18 & Advanced 1-5)
- Free Sparring (1:1) (2:1)

BOARD BREAKING

- **Hands (1-inch Boards)**
 - Fore fist Punch, Back Fist Strike or Reverse Knife hand (1 or 2 Suspended Board(s))
 - Fore fist Punch, Outward Knife hand Strike (1-3 Board(s))
- **Feet (1-inch Boards)**
 - Three Corner Break (Kicks Only) – One Board each break, one attempt only.
 - Jump Side Kick or Back Kick (Two Attempts Only)
 - Back Kick, Side Kick *choice of Jumping or Ground* (1-3 Boards)

1st Kup - Black Stripe



- **Fitness**

- 30 Continuous Roundhouse Kicks on to a pad for each leg.
- 30 Pushups
- 50 Squats
- 10 Burpees
- 30 Sit-ups
- 2 Minute Plank

Mental Requirements

*Note: Mental requirements will be in the form of a written test prior to the physical Black Belt test.

A) What is the meaning of the Black Belt?

1. Opposite of white, therefore signifies the maturity and proficiency in Taekwondo also indicates the wearer's imperviousness to darkness and fear.

B) What does WT stand for?

1. World Taekwondo

C) What is the meaning of Taegeuk Pal Jang?

1. The eighth Taegeuk form signifies earth. "Sir/Ma'am"!

F) Know what part of the foot is used to strike for each kick.

1. 360° Spinning hook kick — back of the heel
2. Jumping front — Axe kick Combination — Ball of foot — Back of heel

H) Know how to address instructors

1. **Kwanjang-nim** - Head Master
2. **Sabum-nim** - Master (4th degree or higher)
3. **Kyo-sa-nim** - Instructor (1st - 3rd degree Black Belt)

F) Be able to identify key components to executing each kick correctly.

G) Korean terminology for all kicks

H) Korean terminology for hand techniques and stances (Adults only.)

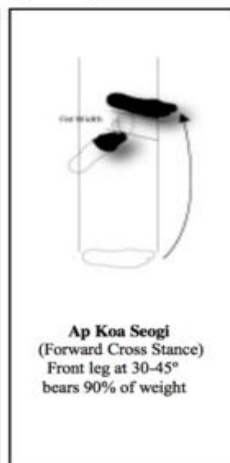
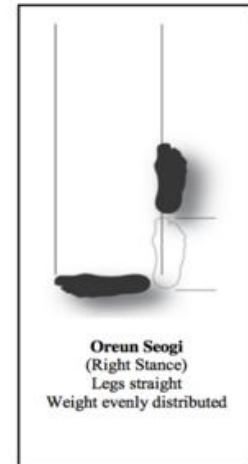
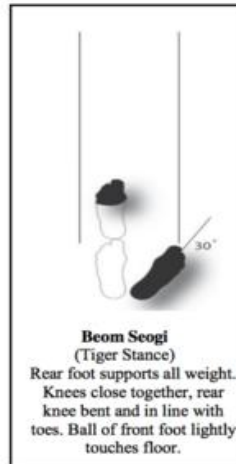
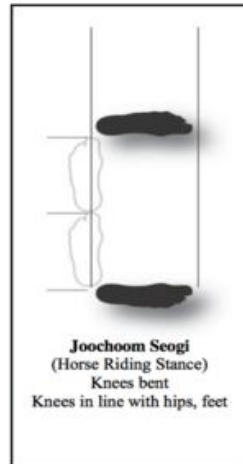
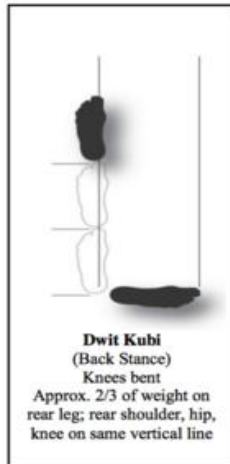
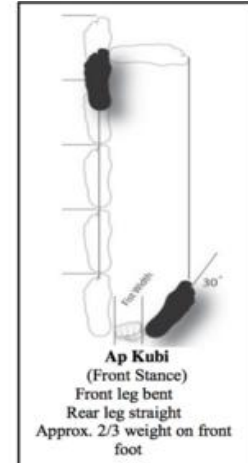
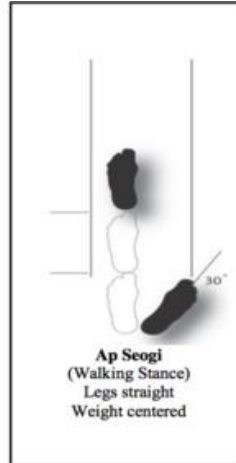
I) Essay: Prompts will be assigned by instructors during candidacy.

(Two pages, double spaced, standard font and margins)

1st Kup - Black Stripe



BASIC STANCES





Advanced Step Sparring (Black Stripe)

- A. **Attacking Side** – Stands in Fighting Stance Position in front of Defender. In Preparation to start, attack.
- B. **Defending Side** – Stands with body upright with hands Junbi Position in front of Attacker, anticipating their attack.

Front Kick

1. A. From Fighting Stance position, the **Attacker** executes a low **Front Kick** with Right Leg towards defender's **groin**.
- B. **Defender** Steps forward with Right Leg While executing a low **Knife hand X-Block** against the kick then simultaneously execute a High section **Knife hand X-Block** to attacker's throat, then grab around attacker's neck with the left hand and execute a Right-hand **Turning Elbow Strike** to temple.

Roundhouse Kick

2. A. From Fighting Stance position, the **Attacker** executes a Mid-Section **Roundhouse Kick** with the **Right Leg**.
- B. **Defender** Steps 45° to the right and grasps the Attacker's kicking leg with the **left hand**, then executing a **Downward Elbow Strike** to the opponent's **upper thigh**, followed by an **Upward Knee Strike** to the **Hamstring**. Then finishing up with a **frontal Leg sweep** landing the attacker on their **left side**.

Side Kick Defense

3. A. From Fighting Stance position, the **Attacker** executes a **Side Kick** to the defender's Mid-Section.
- B. **Defender** Steps to the **outside** of the incoming **Side Kick** and execute **Left Sweeping waist block**, then trap the **Attacker's Kicking Leg**, then executing a Right Palm Heel Strike to the Attacker's Mid-Section.

1st Kup - Black Stripe



C. Finish up with a Clockwise **Spinning Leg Sweep** to the **Attacker's Supporting Leg** landing them on their back and finishing the sequence.

Knee Strike Defense

4.. **A.** From Fighting Stance position, the **Attacker** executes a **Right Knee Kick** to the defender's Mid-Section.

B. Defender steps back with **Right Leg** forming a **Right leg forward stance**, while executing a **Cross Palm Block** to the **attacker's leg**.

C. Defender then executes a **Right Leg Side Kick** to the **attacker's left leg**, then immediately following up with the **left-hand Ridge hand strike** to the **attacker's neck**.

D. Defender then **pushes away** the **attacker** with **both palms** to create distance then ending **Right leg back fighting stance**.



MORAL CULTURE

PATIENCE

Patience is the Calm acceptance that things can happen in a different order than the one you have in mind.

-David G. Allen

Those who are skilled in combat do not become angered; those who are skilled at winning do not become afraid. Thus, the wise win before the fight, while the ignorant fight to win.

-Morehei Ueshiba

Patience is choosing to control your emotions rather than letting your emotions control you.

-Mark Merrill

1st Kup - Black Stripe



MOOTO BELT STICKERS - REWARD SYSTEM

At every belt level, students must work their way to achieving their goals in Taekwondo class. Our dojang uses a reward system to communicate to our students that “hard work pays off!” On each side of the belt, students are capable to earning stripes by working in the class. Each side of the belt represents a general aspect of Taekwondo.

Kicking

The student will be rewarded with this stripe once they have learned and can demonstrate properly their belt level kicks and the previous ones they have done in earlier ranks (especially for Colored Belts). Each belt has kicks that they will require to learn and demonstrate with effort, accuracy, precision and their unique style. Attending classes regularly and home practice will help the student achieve this stripe.

Poomsae

The student will be rewarded with this stripe once they have learnt their belt level “Poomsae” (or Form). As students’ progress with belts, their poomsae will become more advanced, challenging them with new stances, blocks, and kicking techniques. Completion of the poomsae for the specific rank is of utmost importance, along with **speed, focus, effort and direction**. Attending Poomsae classes will help the student achieve this stripe.

Sparring

The student will be rewarded with this stripe once they have made progress in the Sparring class according to their belt level. Challenging oneself with different techniques, and using **game/match strategy** is a requirement for this stripe. Not to mention, **working hard!** Attending Sparring classes will help the student achieve this stripe.

1st Kup - Black Stripe



Self Defense & Step Sparring

The student will be rewarded with this stripe once they have learned and can demonstrate correctly their number of required Self-Defense & Step Sparring techniques for their belt level. As a student progresses in belts, they will be required to show more challenging and difficult movements. Attending Self-Defense classes and a sense of imagination of how the techniques are applied will help the student achieve this stripe.

Life Skills

The instructors can only monitor the children when they are at the dojang, but use this stripe to ensure that the children are behaving as they should outside of the dojang. Behaviour at home and in school is crucial to receiving this stripe. The power of this stripe is from the parent(s), and can be received by listening to the parents at all times, getting along with siblings, friends and teacher, and by helping out with chores around the house. We preach that this stripe can be awarded to their child by helping make their parents lives as easy as possible. Showing respect and appreciation are two ways in which most children achieve this stripe.

Physical Strength

To earn this stripe, the student must be able to demonstrate the ability to complete specific exercises with repetition based on the instructor's discretion.

For e.g. **(20 Pushups, 10 Burpees, 20 Sit-ups, 1 minute Plank, 25 squats etc.)**

Jump Rope

This stripe is simply earned by the student's succession in consecutive skipping based on criteria set by the instructor. For E.g., **25/35/50/75 or 100** consecutive skips, whether executed on-spot, Moving forward, back and forth etc.)

1st Kup - Black Stripe



Board Breaking

For the student to earn this stripe, they have to demonstrate the ability to break board(s) according to the specific one on their syllabus whether executed by hand or foot. As they ascend in rank, they will learn the different methods of breaking. For e.g., **Power**, **Speed** or **Special Technique Break**.



Korean Terminologies (Memorize as much as possible)

General Knowledge

Tae – Foot

Kwon - Fist (or, "to smash with the fist")

Do - Way

Poomsae – Forms

Dojang - Training Hall

Kukki - Flags

Dobok - Uniform

Hogu - Body Armor

Oreun - Right

Wen - Left

Kibom - Technique

Chung - Blue

Hong - Red

Sunbae nim – Senior Student

Kyo bum nim – Instructor (1st – 3rd)

Kyo sah nim – Novice Blackbelt (1st – 3rd)

Sabum nim – Teacher/Master

Kwan Jan Nim - Grand Master

Kyorugi – Sparring

Taekwondo Kicks

Chagi - Kick

Ap Chagi - Front Kick

Yop Chagi - Side Kick

Dollyo Chagi - Turning Kick

Dwi Chagi - Back Kick

Dwi Huryo Chagi – Spinning Hook Kick

Horyo Chagi - Hook Kick

Naeryo Chagi - Axe Kick

Miryo Chagi - Pushing Kick

Yop Miryo Chagi - Cut Kick

An Chagi - Inner Crescent Kick

Bakkat Chagi - Outer Crescent Kick

Mondollyo Chagi – Tornado Kick

Narae Chagi – Double Roundhouse Kick

Kawi Chagi – Scissors Kick

Bituro Chagi – Twisting Kick

Twio + (Kick) - Jumping/Flying (Kick)

Taekwondo Commands

Charyut - Attention

Kyung Ne - Bow

Junbi - Ready

Shijak - Start (for instance, to commence fighting at a tournament)

Kooman – Stop

Swi-yo (Sho) - Relax

Kallyo - Separate (no grappling)

WT Taekwondo Stances

Sogi – Stance ; **Bo Jumeok Junbi** – Closed fist

Charyot Sogi - Attention Stance

Ap Sogi - Walking Stance

Ap Kubi - Long Stance

Juuchum Sogi - Horse (Sitting) Stance

Dwi Kubi - Back Stance

Moa Sogi - Close Stance

Wen Sogi - Left Stance



<p>Kyesok – Continue; Seung – Winner</p> <p>Gam jeong – Penalty</p>	<p>Oreun Sogi - Right Stance ;</p>
<p><u>Punches & Strikes</u></p> <p>Jireugi - Punch</p> <p>Ap Jireugi - Front Punch</p> <p>Momtong Jireugi – Middle Punch</p> <p>Yup Jireugi – Side Punch</p> <p>Olgul Jireugi – High Punch</p> <p>Arae Jireugi – Low Punch</p> <p>Palkup Ollyo Chigi – Upward Elbow Strike</p> <p>Palkup Yeop Chigi – Side Elbow Strike</p> <p>Palkup Dwi Chigi – Back Elbow Strike</p> <p>Palkup Naeryo Chigi – Downward Elbow Strike</p> <p>Deung Jumeok Chigi – Back Fist Strike</p> <p>PyeonSonkeut Sewo Jireugi – Spearhand Strike</p> <p>Batangson Teok Chigi - Palm Heel Strike (chin)</p> <p>Sonnal Deung Chigi – Ridge Hand Strike</p> <p>Mureup Chigi – Knee Strike</p> <p>Jebi Poom Chigi – Combination Knifehand Block and Strike</p> <p>Sonnal Bakkat Chigi – Outward Knifehand Strike</p> <p>Sonnal An Chigi – Inward Knifehand Strike</p> <p>Du Hechyo Jireugi – Twin Upset Punch</p> <p>Deung Jumeok Bakat Chigi – Outward Hammerfist Strike</p> <p>Khaljaebi Chigi – Arc Hand Strike</p> <p>Ap palkup chigi - Front elbow</p> <p>Palkup pyojeok chigi - Front elbow with target</p> <p>Dwi palkup chigi - Back elbow</p> <p>Deungjumeok ap chigi - Back fist front strike</p>	<p><u>WT Taekwondo Blocks</u></p> <p>Makki - Block</p> <p>Arae Makki – Low Block</p> <p>Momtong Makki - Middle (Body) Block Olgul</p> <p>Makki - High (Face) Block</p> <p>Momtong Makki – Outer Forearm Inward Block</p> <p>Momtong Bakkat Makki - Outer Forearm Block</p> <p>Batangson Makki – Palm Block</p> <p>Goduro Makki – Guarding Block</p> <p>Sonnal Makki - Knife Hand Block</p> <p>Otgureo Makki - X-fist Block</p> <p>Batangson an Makki - Palm Heel Block</p> <p>Kawi Makki – Scissors Block</p> <p>Hechyo Makki – Wedging Block</p> <p>Momtong Goduro Makki – Guarding Block</p> <p>Hanssonal Makki – Single Knifehand Block</p>



Counting

- | | |
|-----------|------------|
| 1 – Hana | 6 - Yaseut |
| 2 – Dool | 7 – Il gop |
| 3 – Seht | 8 – Yadeul |
| 4 – Neht | 9 – A houp |
| 5 – Dasut | 10 – Yul |

11 - 21

- | | | |
|----------------|-----------------|----------------|
| 11 - Yul hana | 16 - Yul Yaseut | 21- Sumul hana |
| 12 - Yul Dool | 17 - Yul Il gop | |
| 13 - Yul Seht | 18 - Yul Yadeul | |
| 14 - Yul Neht | 19 - Yul A houp | |
| 15 - Yul Dasut | 20 – Sumul | |

10 – 100 (10s)

- | | |
|--------------|--------------|
| 10 – Yul | 60 – Yu soon |
| 20 – Sumul | 70 – Il hoon |
| 30 – Su doon | 80 – yu doon |
| 40 – Mahun | 90 – Ha hoon |
| 50 – Shin | 100 – Baek |

Basic Steps & Footwork

Pahl Pokkoh – Change feet

Chun jin – Slide forward

Fujin - Slide backward

Il bo Chun jin – One Step Forward

Il bo Fujin - One Step Backward



Taegeuk Pal-Jang

TAE KWON DO 태권도

