



World Taekwondo Mandeville

Kup Grading & Technical Guidance Syllabus

(Newly Revised Edition 2024)



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

Red Belt – Black Stripe

(2nd Kup)



TERMINOLOGIES

At this stage it is useful to review the terminology covered in previous grade syllabus. Beyond that, however, the black Stripe syllabus also requires that the student is familiar with competition rules and terminology. Only the terminology will be covered in this document.

COMPETITION TERMINOLOGIES	
Jeon – Round	Shihap - Bout or match
Jeum – Point	Shi gan - Time out
Keum bahk - Out of bounds	Gam jeum - Deduction of point
Kyong go – Warning	Hogu - Chest protector
Shil kyuk – Disqualification	Boo sang - Injury
Chung - Blue	Hong - Red
Seung – Win	Kyesok – Continue

ATTENDANCE/TIME

There is a minimum of 3 months from the previous Kup grade to be recommended for the 1st Kup grading. It is also assumed that the individual will have attended additional advanced classes and focus seminars.

THEORY

Korean society is built around hierarchy and people must show the correct respect to their seniors and peers. This is clearly shown throughout Taekwondo. As taught to beginners, bowing must be done with the eyes down. Bowing is a respectful, friendly gesture and to keep your eyes on the opponent shows distrust which is not a friendly or respectful gesture. When giving or receiving something from a peer or senior, you



must either use both hands or you must use your right hand with your left hand touching your right elbow.

When given an instruction by a senior, this must be followed unless you feel your safety would be in jeopardy (in which case you should raise this respectfully). It is considered the height of rudeness to disobey a senior's instruction or to argue with them, whether in front of their seniors, peers or juniors.

When you are training with someone as a pair or group, you should bow at the beginning and end of the round/session. Your training partner is helping you to improve, bowing is a way of showing their gratitude.

TEACHING

The student is required to teach forms (poomsae) to lower grades. This requirement is usually distributed throughout the months prior to a grading, but may be required to be demonstrated on the day of the grading. The student should also be familiar with sparring techniques, as well as understanding competition rules and terminology.

EXPECTATION

Taegeuk 7 is a much more advanced poomsae than those before it. The new stance - Cat Stance - is a difficult one to make stable, strong and fluid all at the same time. There are subtle twists in the palm block to back fist transition and the double scissor blocks. These are all difficult to master and it's this subtlety that examiners are looking for.

Given the theory is about correct positioning of body parts, at this level students should demonstrate a high level of accuracy in movement.

2nd Kup - Red Belt



HAND & COMBINATION TECHNIQUES

- Striking and Blocking Combinations (Instructor's Discretion)
- **Walking stance** – Rear leg front kick, Outer forearm Low block, Reverse Middle Punch
- **Back stance** – Single Knife hand Outer Forearm Middle Block, then Forward Stance Middle Punch x 5
- **Forward Stance** – Front Kick, Simultaneous High Knife Hand Block & Knife Hand Inward Strike (Jebi Poom Mok Chigi) x 5
- **Fighting Stance** – Front Kick then Cross Stance Back Fist Strike x 5
- **Forward Stance** – Twisting Reverse Single Knife Hand Block. Then Back Leg Roundhouse Kick (Finish in Fighting Stance) x 5
- **Cat Stance** – Palm Heel Inward Pressing Block with Support, Then Back Fist Strike with same hand x 5
- **Forward Stance** – Half Mountain Block (Wesanteul Makki Block), Convert to Forward Stance Uppercut Punch (8secs) x 5

KICKING & FOOTWORK TECHNIQUES

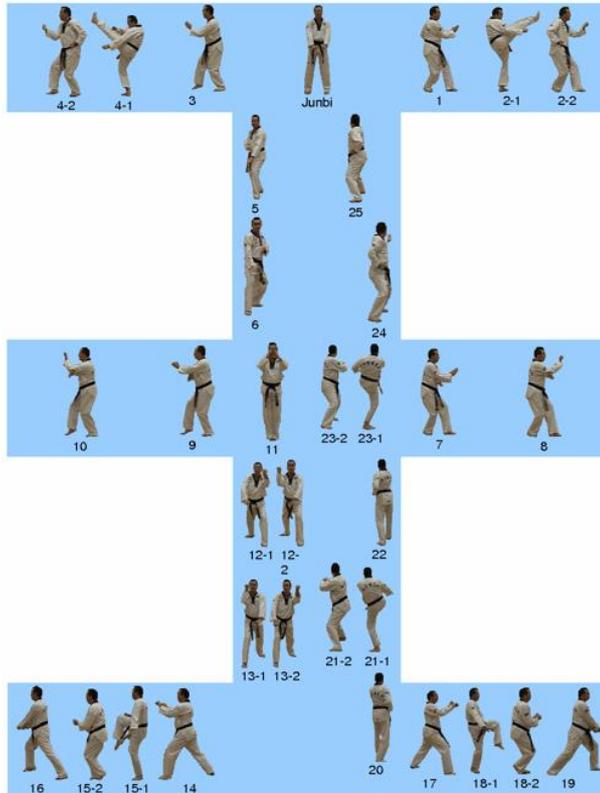
All done from Fighting Stance and moving forward:

- **Combination Kicking:** Roundhouse Kick, Tornado Kick, Spinning Hook Kick
- **Consecutive Kicking:** Hook, Roundhouse, Twist, Axe & Spinning Hook Kick
- Tornado Kick & 360° Back Kick x 5
- Jumping, Spinning Hook Kick x 5
- (All Basic Kicks) x 5 (Then reset to starting position after completion)

2nd Kup - Red Belt



POOMSAE



Red Belt - Signifies the danger, warning the opponent to stay away and for the individual to exercise control.

Taegeuk Chil-Jang - 18 movements, represents joyfulness. Korean symbol – Tae

- Kibom Il-Jang - Taegeuk Chil-Jang

2nd Kup - Red Belt



SELF DEFENSE - HOSIN SOOL

KNIFE

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

(The theme for the red belt Self-Defense is beginning to make it natural random grabs from previous Self-Defense techniques)

FITNESS/ENDURANCE

- 50 regular push-ups
- 50 crunches
- 2-minute plank
- 20 Burpees
- 50 Squats

SPARRING

- One Step Sparring (Il-bon Kyorugi 1-18)
- Free Sparring (Kyorugi 2 × 90 seconds, full contact)

DESTRUCTION (KYUPKA)

- Hands – Fore fist Punch or Reverse Knife (1 or 2 Suspended Board)
- Foot – Jumping Side Kick or Back Kick (2 Boards)



Mental Requirements

A) What is the meaning of red belt?

1. Red signifies innocence, warning the enemy to stay away and the wearer practice control.

“Sir/Ma’am”!

B) What is the meaning of Taegeuk Chil Jang?

1. The seventh Taegeuk form signifies mountains. “Sir/Ma’am”!

C) What are the five virtues of a leader?

1. Intelligence
2. Trustworthiness
3. Humaneness
4. Courage
5. Sternness

D) What makes you a leader in the following settings?

1. At home?
2. At school/work?
3. At Taekwondo?

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

1. 360° Back kick — Bottom of the heel

F) What is the Korean word for form?

1. “Poomsae”

G) Identify essential components to performing poomsae.

1. See introduction section of the manual, page 6.

H) Be able to identify, define, and answer questions about the current life skill concept

(Children only)

J) All previous mental requirements



One Step Sparring (Red Belt)

- A. **Attacking Side** – Step Back with Right leg, executing a **Low Block**. In Preparation to start, attack.
- B. **Defending Side** – Remain in “**Junbi**” Stance until A- Side attacks.
1. A. **Attacker** Steps forward executing a **High Punch** in **Forward Stance**.
- B. **Defender** Steps back with Right leg forming a left **Cat Stance** while blocking with the Left-hand **Palm Block**, trap & Lock (While simultaneously moving around Counter-Clockwise) execute a Right-hand **Elbow Strike** to the Spine, then lock the Right Arm around attacker’s neck. Then (follow through in same direction) take down the attacker, **pin down** attacker and execute a **Reverse Punch** to face.
2. A. **Attacker** Steps Forward executing a right hand **High Outward Hammer Fist Strike** in **Forward Stance**.
- B. **Defender** Steps forward with left leg in **Forward Stance** while executing a **Single Twisting Knife Hand Block** with the Right Hand, Trap the hand while executing a **Right Leg Hook Kick** to the Attacker’s Head, then (Same leg) execute a **Right Leg Sweep** (Taking down the attacker), then execute **Reverse Punch** to face and Hop Back in Fighting Stance.
3. A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.
- B. **Defender** Drops to the ground (Counter-Clockwise) while executing a **Spinning Leg Sweep** (Taking down the attacker). then Immediately followed by a Controlled **Roundhouse Kick** to the attacker’s face using the same leg.



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

2nd Kup - Red Belt



Taegeuk Pal-Jang

TAE KWON DO 태권도

ATTENTION
기분조리 Junbi
Remember Junbi is to gather your spirit and power in a short time.

READY
기분조리 Junbi
Remember Junbi is to gather your spirit and power in a short time.

1
Step forward with the left leg into a Back Stance and make a (Outside Wrist) Supporting Outward Block (바깥팔뚝 거들어 바깥막기)

2
Follow with a right hand Reverse Middle Punch while moving the left leg slightly forward to the side into a Front Stance. (앞다리 ap kubi)

3
Execute a Flying Front Kick (dubal dangseong ap chagi) by kicking with right foot first and then making Jump Front Kick with the left foot.

4
Land forward into a Front Stance with the left leg in front and make a left hand Middle Block. (왼손막기) momtong makgi

5
In this position, follow with Double Punch (몸통 두번 치르기) starting with the right hand.

6
Left hand Middle Punch from previous Double Punch. (몸통 두번 치르기) dubeon jireugi

7
Step forward with the right leg into a Front Stance and make a right hand Middle Punch. (오른손 치르기) oreun jireugi

8
Turn left 270 degrees by pivoting on your right leg and moving left leg into right Front Stance. Make a Single Hand Wide Open Block. (Wesan-teul makgi)

9
Turn your body to the left (wen ap kubi) and make a Pulling/Punching Strike (danggyeo jireugi) with the right hand.

10
Turn to the right stepping your left leg over right leg into "Front Cross stance" and make a Pulling/Punching Strike (danggyeo jireugi) with the left hand.

11
Turn your body to the right into a right Front Stance (oreun ap kubi) and make a Pulling/Punching Strike (danggyeo jireugi) with the right hand.

12
Pivot on the left foot and turn left to the front by moving the right leg into a Back Stance and make a Supporting Handblade Outward Block.

13
Move the left leg slightly outward into a Front Stance and make a right hand Reverse Middle Punch.

14
Make a right leg Front Kick. (앞차기 ap chagi)

15
Pull back the right leg front kick and step back with the left leg into a Cat Stance (보름소리 beom sogi) and make a Palm Heel Inward Block (바탕손 안막기) batangson-an-makgi

16
Turn 90 degrees to the left by moving the left leg into a Cat Stance (보름소리 beom sogi) and make a Supporting Hand Blade Outward Block.

17
With the left leg in front, make a Front Kick with the left leg. (앞차기 ap chagi)

18
Land forward into a Front Stance and make a right hand Reverse Middle Punch.

19
Slide the left leg into a Cat Stance (보름소리 beom sogi) and make a Palm Heel Inward Block (바탕손 안막기) batangson-an-makgi



20
Turn 180 degrees to the right by moving the right leg into a Cat Stance and make a Supporting Handblade Outward Block.

21
With the right leg in front, make a Front Kick with the right leg. (앞차기 ap chagi)

22
Land forward into a Front Stance and make a left hand Reverse Middle Punch.

23
Slide the right leg into a Cat Stance (보름소리 beom sogi) and make a Palm Heel Inward Block (바탕손 안막기) batangson-an-makgi

24
Turn 90 degrees to the right by moving the right leg into a Back Stance and make a Supported Downward Block. (kodureo naeryeo makgi)

25
Left leg Front Kick (앞차기 ap chagi)
Note: After the kick, the leg is held in mid-air for the next kick.

26
With the left leg held in mid-air, follow up consecutively with a right leg Jump Front Kick.

27
Land forward into a Front Stance (앞다리 ap kubi) and make a right hand Middle Block. (오른손막기) momtong makgi

28
Follow with Double Punch (몸통 두번 치르기) starting with left hand Middle Punch.

29
Right hand Middle Punch from previous Double Punch. (몸통 두번 치르기) dubeon jireugi

TAEGEUK #8 PAL JANG 태극 8장 REFERENCE MAP (2nd Geup)

30
Turn 270 degrees to the left by moving the left leg into a Back Stance and make a Single Knife Hand Outward Block. (sonnal bakkat makgi)

31
Slide the left leg outward to the side into a Front Stance and make a right arm Turning Elbow Strike. (보름소리 치르기) palgup dolyeo chigi

32
The right hand then makes a Back Knuckle Forward Strike (등주먹 앞차기) deung jumok ap chigi) with the body slightly twisted to the side.

33
Follow with a left hand Middle Punch (wen jireugi). Remember to include proper breathing techniques and body control.

TAE KWON DO 태권도

34
Turn 180 degrees to the right by moving the right leg into a Back Stance and make another Single Knifehand Outward Block.

35
Slide the right leg outward to the side into a Front Stance and make a left arm Turning Elbow Strike. (보름소리 치르기) palgup dolyeo chigi)

36
The left hand then makes a Back Knuckle Strike (등주먹 앞차기) deung jumok ap chigi) with the body slightly twisted to the side.

37
Follow with a right hand Middle Punch (oreun jireugi)

FINISH
Bring the left leg back into READY STANCE 기분조리 Junbi





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 Coloured 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.

2nd Kup - Red Belt



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 hope 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.)

2nd Kup - Red Belt



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**.

2nd Kup - Red Belt



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
Twiyoo + (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 ;**Gam jeong** – Penalty
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>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>
<p><u>Counting</u></p>	<p><u>Basic Steps & Footwork</u></p>



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

11 - 21

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

10 – 100 (10s)

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

Pahl Pokkoh – Change feet

Chun jin – Slide forward

Fujin - Slide backward

Il bo Chun jin – One Step Forward

Il bo Fujin - One Step Backward