



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-Stripe - Red Belt (3rd Kup)



HAND & COMBINATION TECHNIQUES

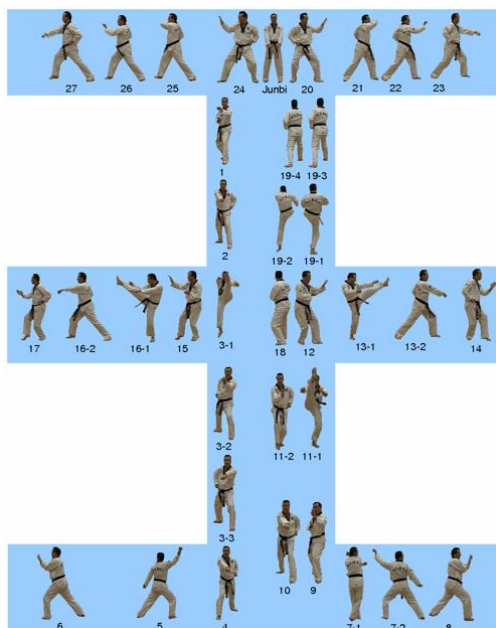
- **Back Stance** – Reverse Middle Punch Then Jumping Front Kick, Inward Block and Double Punch in Forward Stance
- **Forward Stance** – Half Mountain Block (Wesanteul Makki Block), Convert to Forward Stance Uppercut Punch (8secs count)
- **Cat Stance** – Double Knife Hand Guarding Block, Front Kick Forward Stance Reverse Punch Then Cat Stance Inward Palm Block
- **Back Stance** – Single Knife hand Block, Forward Stance Turning Elbow Strike, Reverse Back fist Strike then Middle Punch

KICKING & FOOTWORK TECHNIQUES

- All Basic to Intermediate Kicks (Moving Forward in fighting stance)
- **Combination Kicking:** Roundhouse Kick, Tornado Kick & Spinning Hook Kick
- Guarding Block, Roundhouse Kick then Tornado Kick and end in Fighting Stance
- **Consecutive Kicking:** Cut Kick, Axe Kick & Hook Kick
- **Jumping Kick:** 360 Spinning Hook Kick, Back Kick & Push Kick
- **Directional Kicking:** (Student names the kicks and the directions)



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

- Kibon Il-Jang
- Taegeuk Il-Jang - Taegeuk Chil Jang

SELF DEFENSE - HOSIN SOOL

- Middle Thrust (2 times)
- Any 2 Grabs from Front
- Any 2 Grabs from Behind
- Downward Overhead
- 45° Slash

3rd Kup - Red Stripe



Self Defense Tip

The theme for the Red Belt self-defence is how to escape and counter from a bear hug.

1. Over both arms

i) Bring your inside leg behind the attacker into a Horse-riding stance. Lean back and open arms as much as possible causing attacker to fall. Side kick to attacker's body.

ii) Inhale and bring your arms to the middle of your body, making yourself as narrow as possible. Explode downward and throw arms open. Reach between your legs and grab the attacker's

foot. Pull up the foot while sitting on the thigh causing attacker to fall. Kick the attacker's body.

2. Under both arms

- i) Reach across grabbing the attacker's top hand. Grab a finger and while holding the attacker's
- hand, pull the finger so it breaks.

SPARRING (KYORUGI)

- One Step Sparring (16-18)
- Free Sparring

DESTRUCTION (KYUKPA)

- **Hands** – Fore fist Punch or Reverse Knife (1 or 2 Suspended Board)
- **Foot** – Jumping Side Kick or Back Kick (2 or 3 Boards)



Mental Requirements

A) What is the meaning of the Red belt?

1. The Red belt represents fire — use caution when practicing Taekwondo. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Yuk Jung?

1. The sixth Taegeuk form signifies water. “Sir/Ma’am”!

C) Give an example of self-discipline in the following settings:

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

D) What is Confidence?

1. Believing in yourself

E) How has Taekwondo influenced your life?

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

1. Side kick — back kick combination — Bottom of the heel
2. Skipping front leg side kick — back kick combination — Bottom of the heel

G) Be able to identify, define, and answer questions about the current life skill concept (Children only)

H) All previous mental requirements



ONE STEP SPARRING (RED STRIPE)

- 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 an **Outward Knife Hand Strike** in Forward Stance.
 - B. **Defender** Moves left leg 45° of opponent forming a left Forward Stance while blocking with the **Right-hand Knife Hand Block**, trap the opponent’s hand and execute **Hook Kick** Then **Roundhouse Kick** to attacker’s face.
 2. A. **Attacker** Steps Forward executing a **Right-Hand High Palm Heel Strike** in Forward Stance.
 - B. **Defender** Steps forward with left leg in **Cat Stance Single Knife Hand Block** against opponent’s strike with the right hand. Execute a **Roundhouse Kick** with right leg to stomach, then fall to the ground and execute a **Backward Leg Sweep** with the left leg then execute a Controlled **Roundhouse Kick** to face.
 3. A. **Attacker** Steps Forward executing a **Middle Punch** in Forward Stance.
 - B. **Defender** Steps back with left leg in Back Stance while executing an **Inward Knife Hand Strike** with the Right hand. Execute a **Front Kick** with the right leg to face then execute **Palm Heel Strike** to face while simultaneously grasping the Attacker’s Foot Calf to Land them on their back then finish by executing a **Heel Smashing Kick** to the groin area with the Right leg. Then Hop Back in Fighting Stance.

3rd Kup - Red Stripe



MORAL CULTURE

The ABC's of Good Character

Availability

We are always there to help each other

Brave

We face Challenges head on.

Content

We are happy with what we have.

Dependable

We do what we say we're going to do

Empathetic

We feel each other's joys or sorrow

Forgiving

We don't hold grudges

Generous

We give cheerfully.

Humble

We don't brag about our victories.

Industrious

We figure things out when we need to.

Joyful

We find the joy in life and in each other.

Kind-hearted

We lovingly care for each other.

Loyal

We are here for each other in good times
and bad

Mannerly

We behave in a way that is thoughtful of
others

Neighbourly

We love others with a smile and greeting.

Obedient

We obey our parents.

Patient

We show patience to each other.

Questioning

We approach life with interest.

Responsible

We do everything to the best of our ability.

Self-Controlled

We control our words and actions.

Thankful

We are grateful for what we have.

Unwavering

When we set our mind to something, we see
it through to the end.

Virtuous

We aim to be pure.

Wise

We make smart choices.

Xcited (Excited)

We are excited about every new day of life.

Yielding

We give up our personal rights with a desire
to help others.

Zealous

We approach life with energy and zest.

3rd Kup - Red 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 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.

3rd Kup - Red 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.)

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.**

3rd Kup - Red Stripe



Taegeuk Chil-Jang

ATTENTION **ATTENTION STANCE** 차렷 charyeot

START

READY **READY STANCE** 기본준비 Junbi Remember Junbi is to gather your spirit and power in a short time.

1 Turn 90 degrees to the left by moving the left leg into a Cat Stance (앞사기 beom sogi) and make a Palm Heel Pressing Block.

2 Make a right leg Front Kick (앞차기 ap chagi) Remember proper breathing techniques and body control.

3 Pull back the right leg after the kick back into a Cat Stance and make a left hand Middle Block (뚝뚝하기 montong makgi)

4 Turn 180 degrees to the right by moving the right leg into a Cat Stance and make a Palm Heel Pressing Block.

5 Make a left leg Front Kick (앞사기 beom sogi) Remember proper breathing techniques and body control.

6 Pull back the left leg after the kick back into a Cat Stance (앞사기 beom sogi) and make a right hand Middle Block (뚝뚝하기 montong makgi)

7 Turn 90 degrees to the left by moving the left leg into a Back Stance and make a Supported Downward Handblade Block (손날 받쳐내려 내려오 makgi)

8 Step forward with the right leg into a Back Stance and make a Supported Downward Handblade Block (손날 받쳐내려 내려오 makgi)

9 Bring your left foot in to form a Cat Stance (앞사기 beom sogi) and turn 90 degrees to the left. Make a Palm Hand Assisted Block.

10 Follow with a right hand Back Knuckle Forward Strike (뚱주먹 앞차기 deung jumeok ap chagi)

11 Turn 180 degrees to the right by moving the right leg into a Cat Stance and make a Palm Hand Assisted Block (뚱주먹 앞차기 deung jumeok ap chagi)

12 Follow with a right hand Back Knuckle Forward Strike (뚱주먹 앞차기 deung jumeok ap chagi)

13 Turn 90 degrees to the left by bringing the left leg into a Covered Stance and make a Covered Fist Ready Stance (보주먹준비 bojumeok junbi)

14 Step forward with the left leg into a Front Stance and make Scissors Block starting with right hand Low Block and left hand Inner Wrist Outer Block.

15 In this position, execute another Scissors Block with the opposite side. (가위막기 Kawi makgi)

16 Step forward with the right leg into a Front Stance and make a Scissors Block (Left hand Low Block and right hand makes an Inner Wrist Outer Block)

17 In this position, execute another Scissors Block with the opposite side. (가위막기 Kawi makgi)

18 Turn 270 degrees to the left by moving the left leg into a Front Stance and make an Outside Wrist Trunk Push Double Block (해치막기 haechi makgi)

19 Extend the arms by stretching upwards to grasp the opponents head. Prepare to pull down the head.

20 Pull down the opponents head and strike with a right Knee Upward Strike (무릎 올려차기 Mureup chagi) at the same time.

21 Right leg step forward and bring the left leg into a Rear Cross Stance (뒤코아사기 dwi koa sogi) At the same time make a Double Turn-Over Punch (두번틀어치기 dubumeok jeocheo-preug)

22 Step back the left leg into a Front Stance and make a Low Cross Block (아래 엇갈아막기 arae etgalmaeki)

23 Turn 180 degrees to the right by moving the right leg into a Front Stance and make an Outside Wrist Trunk Push Double Block. (바깥옆목 해치막기)

24 Extend the arms by stretching upwards to grasp the opponents head. Prepare to pull down the head.

25 Pull down the opponents head and strike with a left Knee Upward Strike (무릎 올려차기 Mureup chagi) at the same time.

26 Left leg step forward and bring the right leg into a Rear Cross Stance (뒤코아사기 dwi koa sogi) At the same time make a Double Turn-Over Punch (두번틀어치기 dubumeok jeocheo-preug)

27 Step back the right leg into a Front Stance and make a Low Cross Block (아래 엇갈아막기 arae etgalmaeki)

28 Turn 90 degrees to the left by moving the left leg into a 'Left Side Stance' (옆사기 yeon sogi) and make an Outward Backfist Strike.

29 Right leg Crescent Kick (바깥차기 baekkat chagi) onto your left hand as a Target Kick Strike. Pyojook-chagi (표적차기)

30 Land forward into a Horse Stance and make a Single Knife Hand Outward Block. (손날 바깥막기 sonnal baekkat makgi)

31 Slide your left foot forward into a Right Side Stance (오른쪽 옆사기 oheuk yeon sogi) and make a right hand Outward Backfist Strike.

32 Left leg Crescent Kick (바깥차기 baekkat chagi) onto your right hand as a Target Kick Strike. Pyojook-chagi (표적차기)

33 Land forward into a Horse Stance and make a left arm Elbow Target Strike (팔꿈치 표적차기 palgum pyojook chagi)

34 Stay in a Horse Stance and make a Single Knife Hand Outward Block. (손날 바깥막기 sonnal baekkat makgi)

35 Step forward with the right leg into another Horse Stance and make a right hand Side Punch (옆차기 yeop jeugi)

READY Bring the left leg and turn left to return back to READY STANCE 기본준비 Junbi

FINISH

TAE GEUK #7 CHIL JANG 태극 7장

REFERENCE MAP (3rd Geup)

TAE KWON DO 태권도



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)

Kyesok – Continue; **Seung** – Winner

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

Oreun Sogi - Right Stance ;



Punches & Strikes

Jireugi - Punch

Ap Jireugi - Front Punch

Momtong Jireugi – Middle Punch

Yup Jireugi – Side Punch

Olgul Jireugi – High Punch

Arae Jireugi – Low Punch

Palkup Ollyo Chigi – Upward Elbow Strike

Palkup Yeop Chigi – Side Elbow Strike

Palkup Dwi Chigi – Back Elbow Strike

Palkup Naeryo Chigi – Downward Elbow Strike

Deung Jumeok Chigi – Back Fist Strike

PyeonSonkeut Sewo Jireugi – Spearhand Strike

Batangson Teok Chigi - Palm Heel Strike (chin)

Sonnal Deung Chigi – Ridge Hand Strike

Mureup Chigi – Knee Strike

Jebi Poom Chigi – Combination Knifehand Block and Strike

Sonnal Bakkat Chigi – Outward Knifehand Strike

Sonnal An Chigi – Inward Knifehand Strike

Du Hechyo Jireugi – Twin Upset Punch

Deung Jumeok Bakat Chigi – Outward Hammerfist Strike

Khaljaebi Chigi – Arc Hand Strike

Ap palkup chigi - Front elbow

Palkup pyojeok chigi - Front elbow with target

Dwi palkup chigi - Back elbow

Deungjumeok ap chigi - Back fist front strike

WT Taekwondo Blocks

Makki - Block

Arae Makki – Low Block

Momtong Makki - Middle (Body) Block **Olgul**

Makki - High (Face) Block

Momtong Makki – Outer Forearm Inward Block

Momtong Bakkat Makki - Outer Forearm Block

Batangson Makki – Palm Block

Goduro Makki – Guarding Block

Sonnal Makki - Knife Hand Block

Otgureo Makki - X-fist Block

Batangson an Makki - Palm Heel Block

Kawi Makki – Scissors Block

Hechyo Makki – Wedging Block

Momtong Goduro Makki – Guarding Block

Hanssonal Makki – Single Knifehand Block



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