



# 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

### Blue Belt – Red Stripe

#### (4<sup>th</sup> Kup)



#### HAND & COMBINATION TECHNIQUES

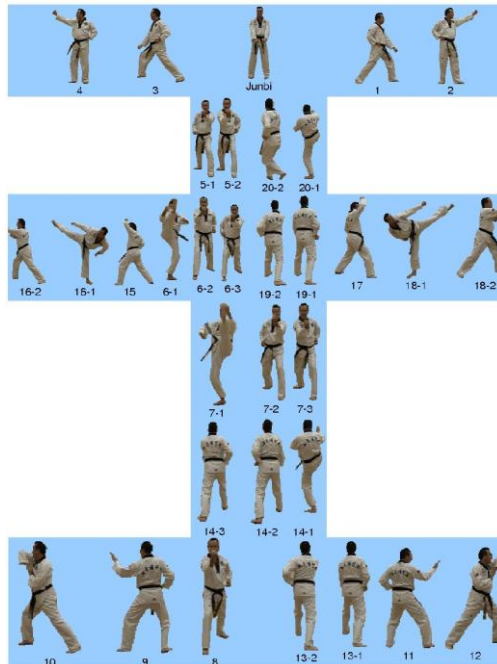
- **Cat Stance** - Reverse Palm Heel Inward Block, Back leg Front Kick then Inward Block (Bringing the kicking leg back to Cat Stance)
- **Back Stance** – Knife Hand Low Guarding Block
- **Forward Stance** – Scissors Block
- **Cat Stance** – Palm Heel Inward Pressing Block with Support, Then Back Fist Strike with same hand
- **Forward Stance** - Mid-section wedging block head grab, front knee strike, Twin upset punch (front cross stance), stepping backward, low-section X-fist block (front stance)
- **Walking Stance** – Outward Back fist Strike, Then Crescent Kick to palm in Horse Riding Stance and Front Elbow Strike to Palm

#### KICKING & FOOTWORK TECHNIQUES

- **Combination Kicking:** Roundhouse Kick & Spinning Hook Kick
- 360 hook/reverse Roundhouse kick down into guarding block (fighting stance)
- **Consecutive Kicking:** Cut Kick, Hook Kick & Roundhouse Kick
- Jumping, Crescent Kick
- Spinning Hook Kick, Roundhouse Kick, Then inside Crescent Kick and end in fighting stance.
- **Directional Kick:** (Name Direction & Kicks) or by Instructor's discretion



## POOMSAE



Blue belt - Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

**Taegeuk Oh-Jang** represents the wind and, like the wind, techniques change from a quick and fast to heavier and more powerful, e.g. a rapid low-section block opens the form but swiftly changes to a slower yet still powerful hammer fist strike. Similarly, the turns are performed quickly to represent the twisting movements of a tornado, the techniques snapping into place before moving onto the linear components.

- Kibom Il Jang - Taegeuk O-Jang

## SELF DEFENSE - HOSIN SOOL

- 2 x Front Grab
- 2 x Rear Grab
- Front Kick (**Low/Mid**)
- Knife Attack – (Downward Overhead Strike, Middle Thrust & 45° Slash)

**4th Kup - Blue Belt**



## Self-Defense tip

The theme for the Blue belt self-defence is how to escape and counter from a head lock.

### 1. Head lock from behind and to the side

i) Grab the attacker's arm and pull down and tuck in chin to allow breathing. Drop all weight

onto attacker's forearm while elbow striking straight back at attacker. Move leg around attacker and escape through the side. Strike to head.

### 2. Head lock from behind and to the side with attacker punching

i) Grab the attacker's arm and pull down and tuck in chin to allow breathing. Reach across the

front of the attacker and stuff your hand into his/her elbow so he/she cannot punch you. Grab

the punching arm from behind with your other hand. Release with the first hand and grab the

attacker's choking wrist. Simultaneously step back, stand up, and pull down on the wrist. Duck

under the arm and create an arm lock behind the attacker

## DESTRUCTION

- Hand - 2 Boards (Downward Knife hand Strike or Outward Knife hand Strike)
- Foot – 1 Board (Spinning Hook Kick or Back Kick)

## SPARRING

- One Step Sparring (13-15)
- 1 for 1 Kicking
- Free Sparring



## Mental Requirements

### **A) What is the meaning of the Blue Belt?**

1. The Blue belt represents the sky and the unlimited boundaries of Taekwondo.

“Sir/Ma’am”!

### **B) What is the meaning of Taegeuk Oh Jang?**

1. The fifth Taegeuk form signifies wind. “Sir/Ma’am”!

### **C) Why is it important to get good grades in school?**

1. To develop good self-discipline
2. To develop good work habits
3. Provide opportunities to better my future

### **D) Count from 1st to 10th**

- |              |                             |
|--------------|-----------------------------|
| 1. 1st – Il  | 6. 6th - Yuk                |
| 2. 2nd – Ee  | 7. 7th - Chil               |
| 3. 3rd – Sam | 8. 8th - Pal                |
| 4. 4th – Sa  | 9. 9th - Koo                |
| 5. 5th - Oh  | 10. 10 <sup>th</sup> - Ship |

### **E) Submit written examples of how you live the tenets of Taekwondo.**

Give an example of how you live each tenet at home, at school/work, and at Taekwondo. In total,

you should have 15 examples (three for each of the five tenets). This should be typed and submitted with your belt test application prior to testing.

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

1. Low/high double roundhouse kick — Instep
2. Jumping back kick — Bottom of the heel
3. Jumping spinning hook kick — Back 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.**

**4th Kup - Blue Belt**





## THEORY

Step sparring, first tested on during this grading, is an example of demonstrating a variety of defences and counter attacks against a standard punch to the face. That said, the punch is done in a traditional way rather than a street attack way, so by its very nature, the defences can and should have slight pauses between them to allow the examiner and audience to appreciate what is being performed.

For coloured belts, each punch is preceded by a step back in to long stance and low block and a kihap. When the defender is ready, they kihap to signify they are ready to defend and the attacker then punches in a long stance to the body.

The key principle for defending is that it's acceptable to step back and block, it's acceptable to skip back and block with a kick (or counter directly with a kick) and it's acceptable to slip the punch while moving forward at an angle.

Most important is that the defender doesn't step directly in to the attack. The defender should kihap during their last counter-strike of the defence.

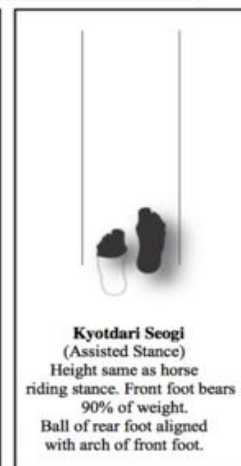
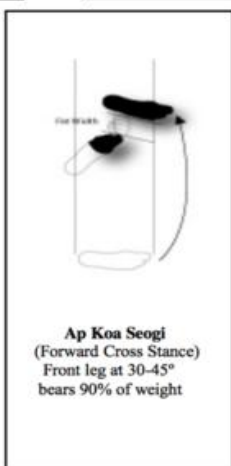
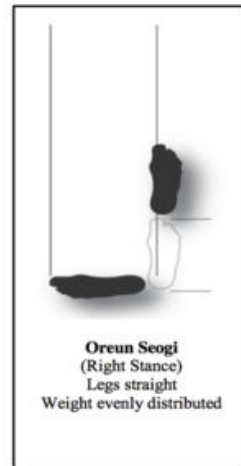
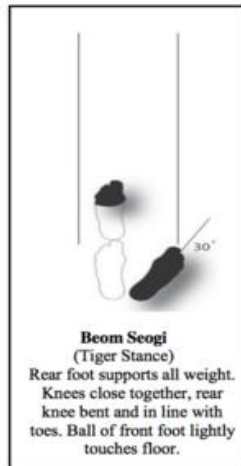
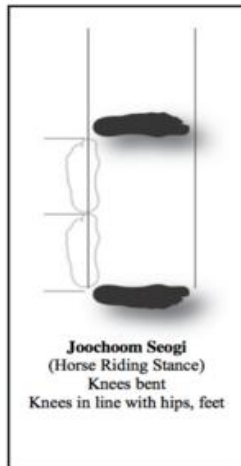
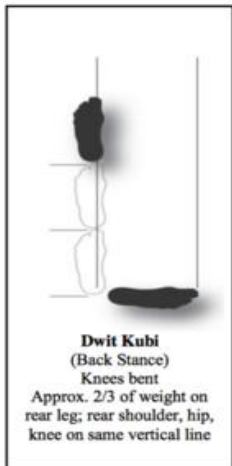
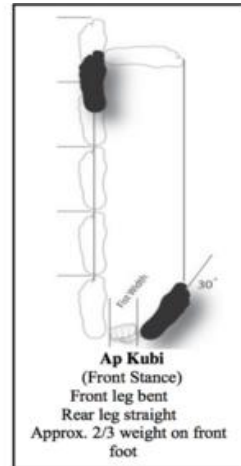
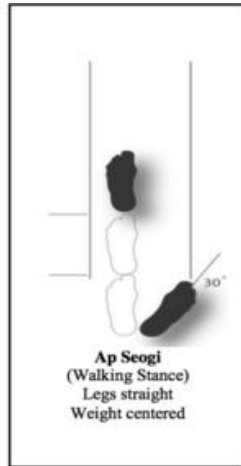
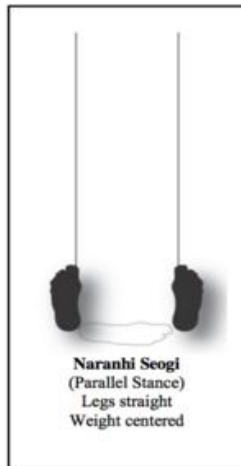
## EXPECTATION

The new poomsae has an awkward reverse Knifehand Block in long stance that is difficult to develop power for without a strong core. This is the first pattern with a slow breathing exercise in it - the student should do this to the count of five, not feel rushed and remain confident throughout.

Given that the student can request where they are grabbed, there shouldn't be a long delay before the defence. However, at this stage this is a new area of Taekwondo so some leeway is given.



## BASIC STANCES



4th Kup - Blue Belt





### One Step Sparring (Blue Belt)

- A. **Attacking Side** – Step Back with Right leg, Fighting Stance. In Preparation to start, attack.
- B. **Defending Side** – Step Back with Left/Right leg (Depending on Situation), Fighting Stance until A- Side attacks.
1. A. **Defender** Steps backward with left foot into left Fighting Stance.
  - B. **Attacker** Execute Right Leg **Axe Kick**
  - C. **Defender** Simultaneously execute a left **High Outer Forearm Middle Block** and a Right **Middle Reverse Punch** to the Solar Plexus. As the attacker completes his kick, Switch stance and quickly duck down away from them.
- i. **Defender** Turn and execute a **Back Kick** to the abdomen from the ground as the attacker moves towards you.
2. A. **Attacker** execute a Right leg **Roundhouse Kick**.
  - B. **Defender** Slides 45° Backwards to **evade** the kick. As soon as the attacker put's kicking foot down, Execute a right leg **Roundhouse Kick** to stomach.
  - C. **Defender** Immediately execute a left leg **Back Kick** to Stomach.
3. A. **Attacker** Slide in, Left leg **Roundhouse Kick** (Front leg)
  - B. **Defender** Slides backwards.
  - C. **Attacker** Executes Right Leg **Roundhouse Kick**.
  - D. **Defender** Step back with left leg into a left **fighting stance**. Immediately throw a left leg **Back Kick** to the attacker's lower abdomen to push him backwards.
- i. As the attacker moves backwards, execute a right leg **Roundhouse kick** to attacker's abdomen.
  - ii. Switch Stance (With right leg behind) then execute **Axe Kick** to attacker's head.



## 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

Be patience sometimes you have to go through the worst to get the best.

- Unknown

Patience is bitter, but it's fruit is sweet.

-Aristotle

Patience is not the ability to wait but, how you act while you act while you're waiting.

-Joyce Meyer

The secret of patience is to do something else in the meantime.

-Croft M. Pentz

Anything easy will always be temporary, have patience for the things you want to last forever.

-Unknown

**4th Kup - Blue Belt**



# Taegeuk O-Jang



**ATTENTION**  
자려운 자세  
**START**

**READY**  
기합을 하며 준비  
Remember jurk 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 Front Stance and make a left hand Middle Block.  
(이레박치기) arae makgi

**2**  
Pull your left leg inward into a Left Side Stance (weeseo chagi) and execute a Hammer Fist strike (해머피스트치기) mejureok naeryeo chigi

**6**  
In this position, follow with a right hand Middle Block.  
(올통박치기) montong makgi

**5**  
Step forward with the left leg into a Front Stance and make a left hand Middle Block.  
(올통박치기) montong makgi

**4**  
Pull your right leg inward into a Right Side Stance (onsun sogi) and execute a Hammer Fist strike (해머피스트치기) mejureok naeryeo chigi

**3**  
Turn to the other side by moving the right leg into a Front Stance and make a right hand Low Block.  
(이레박치기) arae makgi

**7**  
Make a right leg Front Kick forward.  
(앞차기) ap chagi

**8**  
Land the left leg into a Front Stance and make a right hand Back Knuckle Forward Strike.  
(뒷꿈치 앞차기) deung jumteok ap chagi

**9**  
Follow with left hand Middle Block.  
(올통박치기) montong makgi

**13**  
Step forward with the right leg into a Front Stance and make a right hand Back Knuckle Forward Strike.  
(뒷꿈치 앞차기) deung jumteok ap chagi

**12**  
Follow with right hand Middle Block.  
(올통박치기) montong makgi

**11**  
Land the right leg into a Front Stance and make a left hand Back Knuckle Forward Strike.  
(뒷꿈치 앞차기) deung jumteok ap chagi

**10**  
Make a Left leg Front Kick forward.  
(앞차기) ap chagi

**14**  
Turn 270 degrees to the left by moving the left leg into a Back Stance and make a Single Knifeward Outward Block.  
(은팔 배박치기) eonpal baekbak makgi

**15**  
Step forward with right leg into Front Stance and make a Turning Elbow Strike.  
(돌고 돌려차기) dalgoo dollaechaegi

**16**  
Turn to the other side by moving the right leg into a Back Stance and make a Single Knife Hand Outward Block with the right hand.

**17**  
Step forward with the left leg into a Front Stance and make a Turning Elbow Strike.  
(돌고 돌려차기) dalgoo dollaechaegi

The trigram associated with this poomse represents Wind. The trigram is also related to southwest and the relationship with an eldest daughter. The I Ching promotes that wind is a gentle force, but can sometimes be furious, destroying everything in its path. As such, it is intended that this poomse is performed like the wind: gently, but knowing the ability of mass destruction with a single movement. The performer and audience should be aware of the duality of the form.

**19**  
Follow with a right hand Middle Block.  
(올통박치기) montong makgi

**18**  
Turn left 90 degrees by moving the left leg into a Front Stance and make a left hand Low Block.  
(이레박치기) arae makgi

**20**  
Make a right leg Front Kick forward.  
(앞차기) ap chagi

**21**  
Land the right leg into a Front Stance and make a Single Knife Hand Outward Block.  
(은팔 돌려차기) eonpal dollaechaegi


**22**  
In this position, follow with a left hand Middle Block.  
(올통박치기) montong makgi

**25**  
Land forward leg in Front Stance and make a left arm Elbow Target Strike.  
(팔꿈치 표적차기) pallgum chiochchaegi

**24**  
Make a right leg Side Kick forward.  
(옆차기) yeop chagi

**23**  
Turn 90 degrees to the left by moving the left leg into a Front Stance and make a left hand High Block.  
(올려박치기) olgobakchi)

**TAEGEUK #5**  
**O JANG 태극 5장**  
REFERENCE MAP ( 5th Geup )



**26**  
Turn 180 degrees to the right by moving the right leg into a Front Stance and make a right hand High Block.  
(올려박치기) olgobakchi)

**27**  
Make a left leg Side Kick forward.  
(옆차기) yeop chagi

**28**  
Land forward into a Front Stance and make a right arm Elbow Target Strike.  
(팔꿈치 표적차기) pallgum chiochchaegi

**32**  
Finish with a right hand Back Knuckle Forward Strike.  
(뒷꿈치 앞차기) deung jumteok ap chagi

**31**  
Make a right leg Front Kick.  
(앞차기) ap chagi

**30**  
In this position, follow with a right hand Middle Block.  
(올통박치기) montong makgi

**29**  
Turn 90 degrees to the left by moving the left leg into a Front Stance and make a left hand Low Block.  
(이레박치기) arae makgi

**READY**  
Move the left leg and turn back to the front into READY STANCE.

**FINISH**



## 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.

**4th Kup - Blue 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.)

**4th Kup - Blue 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**.





## 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 (1<sup>st</sup> – 3<sup>rd</sup>)  
**Kyo sah nim** – Novice Blackbelt (1<sup>st</sup> – 3<sup>rd</sup>)  
**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**