



# World Taekwondo Mandeville

## Kup Grading & Technical Guidance Syllabus

(Newly Revised Edition 2024)



# Kup Grading Syllabus

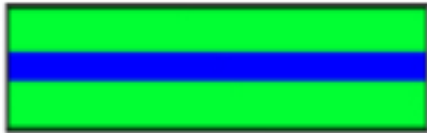
## TRAINING PERIODS

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 Stripe – Blue Belt** **(5<sup>th</sup> Kup)**



## **THEORY**

At the beginner levels sparring is a case of trying to remember what techniques to do and trying to execute the blocks that the student knows to defend themselves.

At this level the student should be able to swiftly move their hands to the right place to protect their body, but it's important that they manage the distance well. Blocking a kick with the arms should be seen as a last resort. A better option is simply not to be there.

So, the key theory at this level is knowing how to manage distance to be able to quickly gain distance to score points and then retract to avoid kicks from the opponent. Ideally the defender will retract far enough to make the attacker miss, while putting their arms in the right place to cover where the kick may land, without offering their arm forward to be kicked - there's no need to take a kick on the arm if it's not needed.



## HISTORY

The 9 original schools that combined to form Taekwondo were:

- Chung Do Kwan (blue waves school)
- Jidokwan (school of wisdom)
- Changmookwan (developing martial arts school)
- Song Moo Kwan (ever youthful martial arts school)
- Moodukwan (school of martial virtue)
- Oh Do Kwan (school of my way, General Choi's kwan)
- Kang Duk Won (splinter school of Changmookwan)
- Han Moo Kwan (splinter school of Jidokwan)
- Jung Do Kwan (splinter school of Chung Do Kwan).

## EXPECTATIONS

In terms of poomsae, the new Form has a clear section when the student is coming towards the examiner performing a block to middle section and then a strike to the face - it should be very clear that these are to different levels. Also, there are movements in the pattern where there are two strikes happening in different directions - a side kick to the side and a hammer fist that effectively strikes perpendicular to the kick.

The student should at least demonstrate the principle of "backward or slip" during one step sparring, even if the counter-attacks come slow or the striking part is incorrect.



## HAND & COMBINATION TECHNIQUES

- **Forward Stance** – Low Block, Back leg Front Kick then Back Stance, Outer Forearm Middle Block
- **Forward Stance** – Palm Block then Reverse Middle Punch. (1. Moving Back & 2. Moving Forward)
- **Forward Stance** – Twisting Reverse Single Knife Hand Block. Then Back Leg Roundhouse Kick (Finish in **Fighting Stance**)
- **Forward Stance** – High Outer Forearm Block, Reverse Punch and Front Kick then Reverse Punch.

## KICKING & FOOTWORK

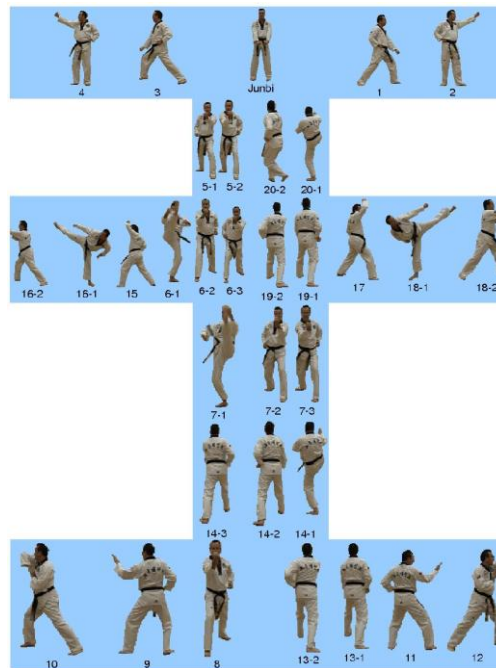
- All Basic to Intermediate Kicks (Moving Forward in fighting stance)
- **Combination Kicking:** Skipping Axe Kick, Inside Crescent Kick & Spinning Hook Kick
- **Consecutive Kicking:** Front Leg Twist Kick, Roundhouse Kick & Cut Kick
- **Jumping:** Side, Roundhouse, Hook & Axe Kick
- **Directional Kick:** (Name Direction & Kicks)

**\*Also can be upon instructor's discretion**

5th Kup - Blue Stripe



## POOMSAB



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

Taegeuk O Jang - 20 movements, represents wind. Korean symbol - Seon

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.

- Kibon Il Jang
- Taegeuk Il Jang – O Jang

5th Kup - Blue Stripe



### SELF DEFENSE - HOSIN SOOL

- Slap to face (2 times)
- Shoulder grab from behind (2 times)
- Grab Around Neck from behind ( 2 times)
- Knife Attack – Middle Thrust

### DESTRUCTION

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

### SPARRING

- 2 for 2 Kicking Combinations
- One Step Sparring (10-12)
- Free Sparring

5th Kup - Blue Stripe





## **Mental Requirements**

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

1. The Blue belt signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses. “Sir/Ma’am”!

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

1. The fourth Taegeuk form signifies thunder. “Sir/Ma’am”!

### **C) Count from 20 to 40 in Korean.**

1. Twenty — Sumul
2. Thirty — Surun
3. Forty — Mahun

### **D) What are the three rules of concentration?**

1. Focus your eyes
2. Focus your mind
3. Focus your body

### **E) Why do we practice controlled Olympic sparring?**

1. To demonstrate mental discipline
2. To show physical control over ourselves
3. To build self-confidence which indicates a strong mind

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

1. Skipping front leg roundhouse kick — Instep
2. Skipping front leg side kick — Bottom of the heel
3. Skipping front leg double roundhouse kick — Instep

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

**(Children only)**

#### **How do we make power?**

Power is product of mass multiplied by acceleration (  $f=ma$  ). In other words, the weight of the person times the speed with concentration, balance, confidence, and yelling produces power.

#### **Relaxation & Strength Exercises**

Effective kicks and punches begin with relaxation for speed and end with tightness for strength. Therefore, we practice each separately and then put them together. The strength exercise increases muscle tone and gathers energy. The relaxation exercises develops speed and agility.





## One Step Sparring (Blue-Stripe)

1. A. **Attacker** Steps Forward executing a **Front Kick** in **Fighting Stance**.  
B. **Defender** Steps 45° Left in a Forward Stance then Executing a **High Outward Knifehand Strike** while simultaneously grasping and pulling the Attacker's Kicking leg with the Right hand. Put forward pressure to the neck (until the person falls) then finish up by punching to the Solar Plexus with right hand.
2. A. **Attacker** Steps forward executing a Right leg **Side Kick**.  
B. **Defender** Steps 45° left in a **Forward Stance** while parrying with right hand **Low Block**, Lift Right leg and execute a **Side Kick** to Attacker's Kidney. Then finish up with **Horse Riding Stance, Side Elbow Strike** with Palm support.
3. A. **Attacker** Steps forward in **Forward Stance** executing a **High Punch** to face  
B. **Defender** Hops 45° left in Closed Stance, Right Hand **Knife Hand Outer Block** then execute **Right Leg Side Kick** and finish up with **Horse Riding Stance, Turning Elbow Strike** to Ribcage.



## MORAL CULTURE

### RIGHTEOUSNESS – (UI)

**Righteousness** being morally aware, right and justifiable.

All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

Always strive to be the best at what you do. That does not mean you should compare yourself to others. Just in what you do and love.

Derek Hough

Don't treat people as bad as they are. Treat them as good as you are.

- Dalai Lama

Everyone should be quick to listen, slow to speak and slow to become angry, for a man's anger does not bring about the righteous life that God desires.

-James 1:19-20

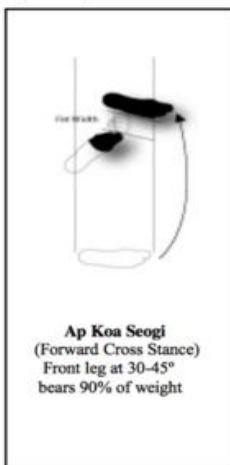
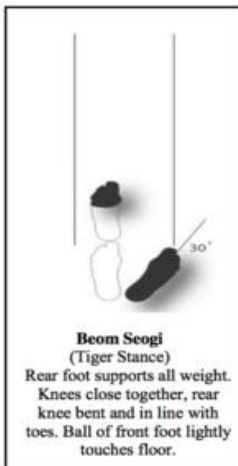
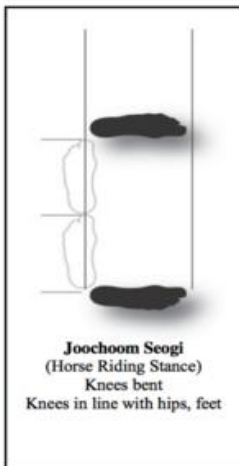
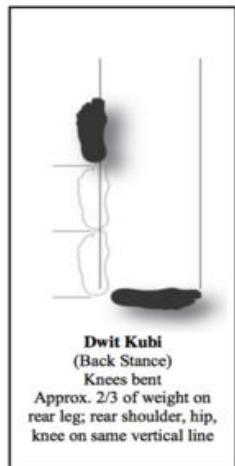
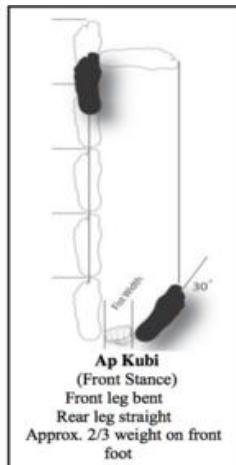
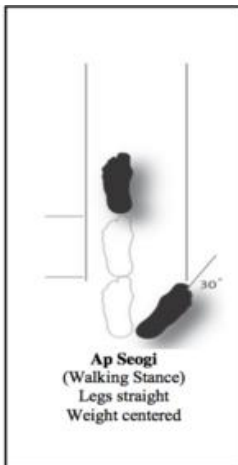
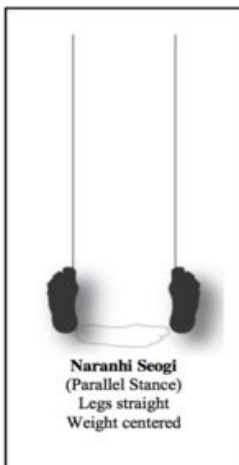
A wise man can play the part of a clown, but a clown cannot play the part of a wise man.

-Malcolm X

5th Kup - Blue Stripe



## BASIC STANCES



5th Kup - Blue 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.

5th Kup - Blue 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. Behavior 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.**

5th Kup - Blue Stripe





## Taegeuk O-Jang

**ATTENTION**  
기초 Charyeot

**START**

**READY STANCE**  
기초준비 Jundeubi  
Remember Junbi is to gather your spirit and power in a short time.  
(이태박기) are maigi

**1**  
Turn 90 degrees to the left by moving the left leg into a Front Stance and make a left hand Low Block.  
(이태박기) are maigi

**2**  
Pull your left leg inward into a Left Side Stance (seom sogi) and execute a Hammer Fist strike.  
(매주먹 내리차기) meujeumek naeryeo chagi

**3**  
Turn to the other side by moving the right leg into a Front Stance and make a right hand Low Block.  
(이태박기) are maigi

**4**  
Pull your right leg inward into a Right Side Stance (oreum sogi) and execute a Hammer Fist Strike.  
(매주먹 내리차기) meujeumek naeryeo chagi

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

**6**  
In this position, follow with a right hand Middle Block.  
(몸통박기) momtong 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 Black Knuckle Forward Strike.  
(몸주먹 앞차기) momjuemok ap chagi

**9**  
Follow with left hand Middle Block.  
(몸통박기) momtong makgi

**10**  
Make a Left leg Front Kick forward.  
(옆차기) yeop chagi

**11**  
Land the right leg into a Front Stance and make a left hand Black Knuckle Forward Strike.  
(몸주먹 앞차기) momjuemok ap chagi

**12**  
Follow with right hand Middle Block.  
(몸통박기) momtong makgi

**13**  
Step forward with the right leg into a Front Stance and make a right hand Black Knuckle Forward Strike.  
(몸주먹 앞차기) momjuemok ap chagi

**14**  
Turn 270 degrees to the left by moving the left leg into a Back Stance and make a Single Knife Hand Outward Block.  
(손날 외박기) sonnal baekgi makgi

**15**  
Step forward with right leg into Front Stance and make a Turning Elbow Strike.  
(팔굽 돌려차기) palgup doryeo chagi

**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.  
(손날 외박기) sonnal baekgi makgi

**17**  
Step forward with the left leg into a Front Stance and make a Turning Elbow Strike.  
(팔굽 돌려차기) palgup doryeo chagi

**18**  
Turn left 90 degrees by moving the left leg into a Front Stance and make a left hand Low Block.  
(이태박기) are maigi

**19**  
Follow with a right hand Middle Block.  
(몸통박기) momtong makgi

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

**21**  
Land the right leg into a Front Stance and make a right hand Low Block.  
(이태박기) are maigi

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

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

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

**25**  
Land forward into a Front Stance and make a left arm Elbow Target Strike.  
(팔굽 표적차기) palgup byojeok chagi

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

**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.  
(팔굽 표적차기) palgup byojeok chagi

**29**  
Turn 90 degrees to the left by moving the left leg into a Front Stance and make a left hand Low Block.  
(이태박기) are maigi

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

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

**32**  
Finish with a right hand Black Knuckle Forward Strike.  
(몸주먹 앞차기) momjuemok ap chagi

**FINISH**

**READY STANCE**  
기초준비 Jundeubi

**THE LEARNING GUIDE TO TAEKWONDO 태권도**

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

**5th Kup - Blue Stripe**



## 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  
**Sun bae 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



# **Poomsae (Forms)**

## **What Are Forms?**

A Poomsae is a series of fundamental movements, mainly defense and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a barometer in evaluating an individual's technique.

## **Why do we perform Forms?**

Poomsae are practiced to improve Taekwondo techniques. When practicing students develop flexibility of movement, master body shifting, improve sparring technique, balance and breath control. Poomsae enable students to acquire techniques, which cannot be obtained from other forms of training.

**Completion of poomsae can be achieved through hard training following these 5 steps:**

### **Pattern**

The first step of training poomsae is to learn the pattern. Concentration of spirit, eyes, angles of movements must be emphasized in addition to the accuracy of actions.

### **Significance**

In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and poomsae line. The significance of movements, connection of poomsae and the complete poomsae must be learned correctly.

### **Practical Use**

One must adapt what he has learned to his practical use, finding out the practicability.

### **Self-Style**

One must evaluate his findings about the effectiveness of what he has learned, comparing with his bodily structure, speed, strength, muscle strength, impulsive power, points of emphasis in training, etc., and moderate the techniques into his own style.

### **Completion**

One achieves a synthetic accomplishment of poomsae training by mastering the art of Taekwondo techniques including Taekwondo spirit.



\*\*\*\*END\*\*\*\*