



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 - 25 classes
Yellow	2-3 months	20 - 25 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 Green Belt – Blue Stripe (6th Kup)



THEORY

The Korean flag has a symbol at its centre made of a swirling shape that is half red and half blue. This symbol is central to Korean philosophy and is known as "umyang". Everything is made of opposites - male/female, hard/soft, dark/light. During poomsae performance a distinguishing fact from Japanese Karate is that Taekwondo patterns or forms have soft movements of preparation in between rapid accelerations for the techniques themselves. If the whole of the pattern is done with tension and power there is too much tension in the body to generate real force, not to mention that it's incredibly and unnecessarily tiring on the body. The body needs

HISTORY

The World Taekwondo Federation was set up in 1973 to manage the sport side of Taekwondo. They developed a body protector and other pads to keep the participants safe during full contact fighting. In keeping with the Korean traditional view that they are artisans and to punch people in the face is uncouth, they developed rules where kicks to the head were allowed but punches were not (both are acceptable to the body). This developed Taekwondo into a dynamic and uniquely recognisable martial art sport, that ended up in it becoming a demonstration sport in the 1988 Olympics (and again in 1992) and a full sport in 2000. People often refer to the non-ITF style of Taekwondo as WTF Taekwondo, but in reality, the WTF only governs the sport side of



our style - a better name would be one of Kukki-Taekwondo, Kukkiwon Taekwondo or Kukkiwon-style Taekwondo.

EXPECTATIONS

During Taegeuk 4 the student has to perform an inward block with the "wrong" hand during a back stance. This is a difficult movement to do if the back stance isn't accurate. So, this pattern tests the accuracy of the student's stances. Three for three kicking should be done fluidly in between kicks, demonstrating balance and technique accuracy. The kicks should also build in range - it's very bad to start with a long-range kick and make the opponent retract a long way and then throw a short-range kick and it be nowhere near the opponent. The kicks should progress from short to medium to long range.

PHYSICAL REQUIREMENTS

HAND & COMBINATION TECHNIQUES

- **Forward Stance** – Front Kick, Outer Forearm Low Block, then Outer Forearm Middle Inward Block in **Forward Stance**.
- **Back Stance** – Single Knife hand Middle Block then Turning High Section Elbow Strike in **Forward Stance**.
- **Forward Stance** – High Block, Back leg Side Kick then Front Elbow Strike to palm in **Forward Stance**.
- **Forward Stance** – Front Kick, Back fist Strike, then Outer Forearm Middle Inward Block in **Forward Stance**.
- **Fighting Stance** – Front Kick then Back Fist Strike in **Cross Stance**.



KICKING & FOOTWORK TECHNIQUES

All done from Fighting Stance and moving forward:

- **Combination Kicking:** Front leg Hook Kick, Roundhouse Kick & Jumping Back Kick
- Skipping Roundhouse Kick, Skipping Cut kick, Back Kick, end in Back Stance **Outer Forearm Guarding Block**
- Jumping Back Kick, landing into Guarding Block in **Back Stance**
- **Consecutive Kicking:** Twist Kick, Roundhouse Kick & Hook Kick
- **Jumping:** Roundhouse/Back Kick/ Spinning Hook Kick
- Fighting Stance, Tornado Kick

POOMSAE

- Taegeuk Sam-Jang & Taegeuk Sa-Jang

SELF DEFENSE - HOSIN SOOL

- Slap to face (2 times)
- Double Lapel Grab (2 times)
- Grab Around Neck from behind (2 times)
- Double Wrist grab from behind (2 times)
- Push from front with both hands (2 times)

Self-Defense Tip:

The theme for the green belt Self-Defense is how to escape and counter from hair grabs

1. One handed hair grab from front

i) Grab the attacker's hand so he/she can't pull your hair. Put your arm on top of the attacker's arm. Press down on his/her elbow until he/she is in an arm bar.

ii) Grab the attacker's hand so he/she can't pull your hair. Lean forward, towards the attacker.

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SPARRING

- One Step Sparring (7-9)
- Free Sparring

DESTRUCTION

- Hands – Side Hammer fist Strike (1 Board)
- Foot – Spinning Hook Kick (1 Board)

BREAKFALL & DIVE ROLL

- Forward shoulder roll from knees
- Backward shoulder roll from knees or laying down on back

6th Kup - Green Belt

To test: Your tuition payment must be on time



MORAL CULTURE

HUMANITY

Humanity also sometimes refers to empathy means the ability to sense the misfortunes of others and love them equally as parents love their children.

Humanity: If you choose between being kind and being right. Choose being kind and you will always be right.

- Zen

Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.

- Dalai Lama

One person can make a difference and everyone should try.

- John F. Kennedy

You must not lose faith in humanity, Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

- Mahatma Gandhi

6th Kup - Green Belt

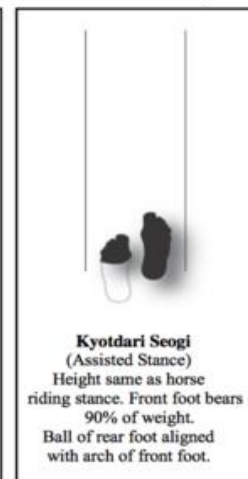
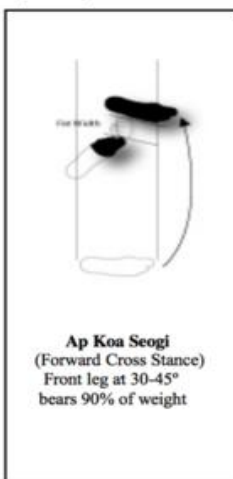
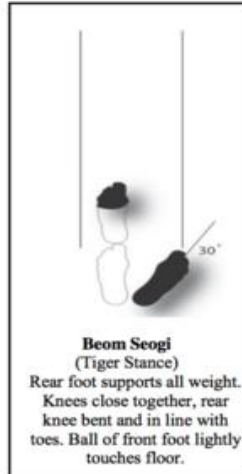
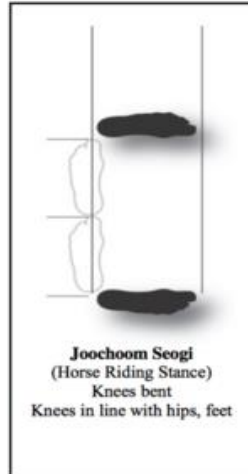
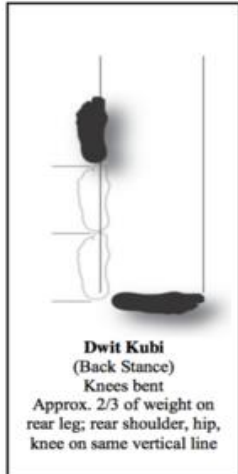
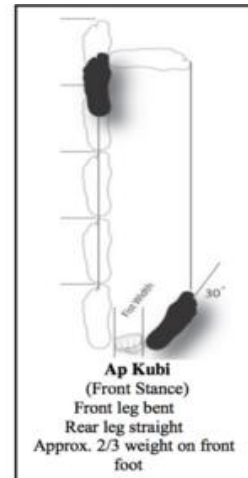
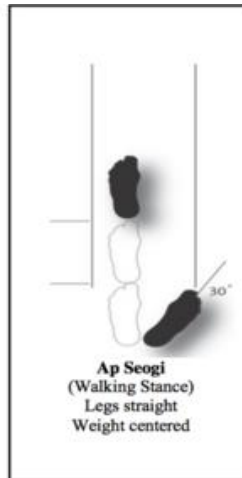
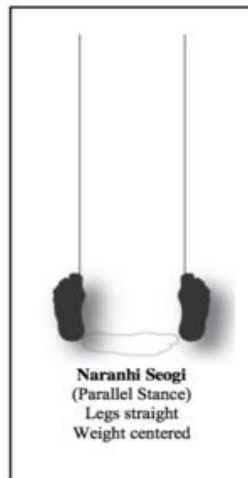


One Step Sparring (Green Belt)

- 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 **Middle Punch** in **Forward Stance**.
- B. **Defender** Moves Right leg 45° of opponent forming a **Right Forward Stance** while Blocking with the **Left-hand Knife hand Block** then **Right-hand Palm Heel Strike**, then hop backwards and execute **Jumping Front Kick** to Face with the Right leg and **Double Punch** to Stomach (Finish in **Forward Stance**).
2. A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.
- B. **Defender** Moves Right leg 45° of opponent forming a **Horse-Riding Stance** while executing a **Knife hand Block** with the left hand while simultaneously striking with the right **Palm Heel** to Opponent’s chin. Trap opponent’s left hand while trapping the opponent’s head with your right hand and execute **Knee Strike** to Solar plexus.
3. A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.
- B. **Defender** Moves left leg back forming a left Back Stance while blocking with the Right-hand **Inward Knife Hand Block**, trap the opponent’s hand into a wristlock and step foot to foot with back leg and execute a **Front Kick** with Front leg to the attacker’s face.



Basic Stances



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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.

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

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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.)

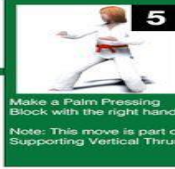
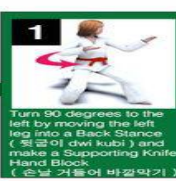
Board Breaking

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.**

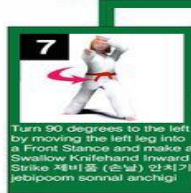
6th Kup - Green Belt



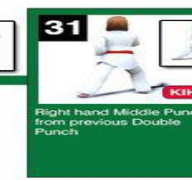
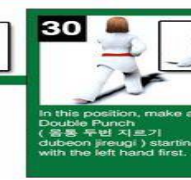
Taegeuk Sa-Jang



This trigram represents Thunder. Also, the trigram is strongly connected to northeast and the relationship of the Eldest son. Thunder comes from the sky and is absorbed by the earth, thus, according to the beliefs of the I Ching, thunder is one of the most powerful natural forces. This poomse is associated with power and the connection between the heavens and earth. This poomse is intended to be performed with power resembling the Thunder for which it is named.



TAEGEUK #4
SA JANG 태극 4장
REFERENCE MAP (6th Geup)





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