



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	3 months	20 classes
Yellow	3 months	20 classes
Green-Stripe	3 months	25 - 30 classes
Green	3 months	25 - 30 classes
Blue-Stripe	3-4 months	30 - 35 classes
Blue	3-4 months	30 - 35 classes
Red-Stripe	3-5 months	30 - 35 classes
Red	5 months	40 - 45 classes
Black-Stripe	6 months	Not Specified



Technical Syllabus for Green Stripe – Green Belt (7th Kup)



PHYSICAL REQUIREMENTS

BASIC HAND TECHNIQUES

- **Basic Techniques** (Punch/Strikes/Blocks/Stances) ***Instructor's discretion**
- **Back Stance** – Knife hand Guarding Block then Palm Pressing Fingertip Thrust in Forward Stance.
- **Forward Stance** – Simultaneous High Knife Hand Block & Knife Hand Inward Strike (Jebi Poom Mok Chigi)
- **Back Stance** – Outer Forearm Middle Block, Back Leg High Front Kick Then Reverse Inward Block.
- **Forward Stance** – Inward Middle Block Then Double Punch.



ATTENDANCE/TIME

There is a minimum of 3 months from the previous kup grade to be recommended for the 6th kup grading.

THEORY

When you are performing a hand technique while stepping forward, it's important that the hand and foot finish together. This builds on the principle of power generation introduced at yellow stripe level and the principle of kinetic linking introduced at yellow belt. If you know that moving forward generates more power (linear force) and you know that having your feet firmly planted builds more power (kinetic linking), then it's only logical to guess that the optimum for generating power is to strike at the exact moment you are finishing the movement when the feet are transitioning to being firmly planted. So, hand techniques should finish at the exact moment/split-second the foot finishes.

EXPECTATIONS

Green stripe is a transition from an absolute beginner in to the middle ranks of coloured belts. Now there are two very similar patterns to learn so it's important that the beginner can keep the separate. The two hand techniques done at this rank seem very similar to a spectator, but the difference is subtle in turning the movement from a defensive one to an offensive one - through a slight change in starting position and a difference in direction of travel.

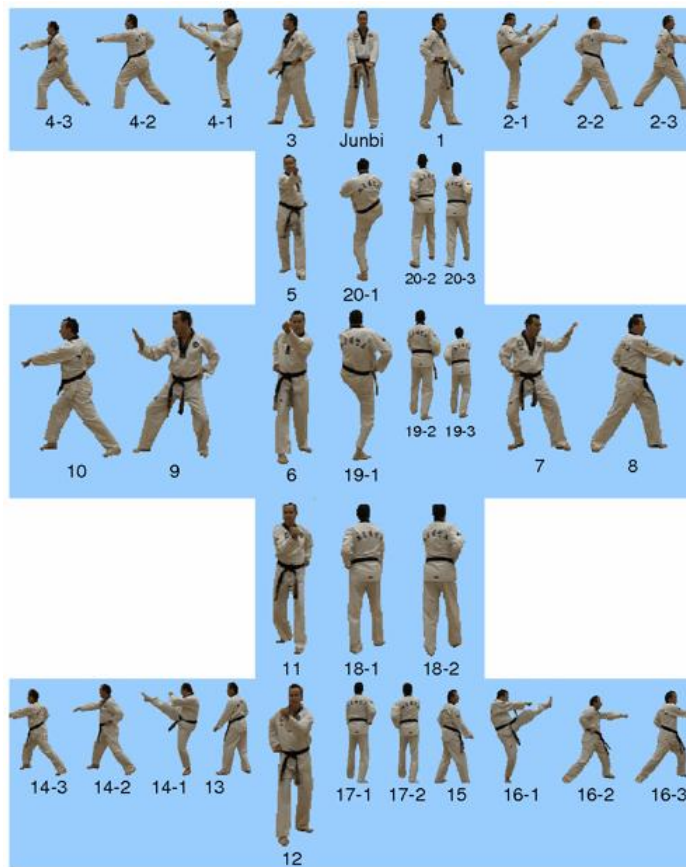
The kick demonstrated for this rank is known as the hallmark of Taekwondo. It can also be very difficult to perform properly as the kick is performed with the standing foot facing 180° away from the opponent.

Finally, for this rank we ask the student to be able to demonstrate a range of kicks, being able to maintain their balance and distance throughout, while also being concerned for the safety of their training partner.

7th Kup - Green Stripe



POOMSAE



Green Belt Signifies the plant's growth as Taekwondo skills begin to develop.

Taeguk Sam-jang 20 movements, represents fire, sun, and heat. The moves should be performed with "snap" and passion. Combination moves following quickly from the previous technique.

- Taeguk Ee-Jang & Taeguk Sam-Jang

KICKING

- **Combination Kicking:** Axe Kick, Roundhouse Kick & Spinning Hook Kick
- Skip Roundhouse Kick, Roundhouse Kick & Spinning Back kick (Fighting Stance).
- **Consecutive Kicking:** Hook Kick, Roundhouse Kick & Axe Kick
- **Jumping Kick:** Front, Side, Roundhouse
- Front Pushing Kick
- **Double Kicking:** Side Kick or Roundhouse Kick

7th Kup - Green Stripe



SELF DEFENSE - HOSIN SOOL

- Single Arm Grab (2 times)
- Any Two Grabs from In-front
- Any Two High Attacks from Front
- Choke from the Front with 2 Hands
- Full Nelson Hold

Self Defense Tip: The theme for the **Green Belt Self-defence** is how to escape and counter from collar grabs.

1. Single hand collar grab

i) Reach across and grab the back of the attacker's hand. Rotate so the attacker's thumb is down. With the other hand, bend the attacker's elbow. Rotate the attacker's hand so his/her

pinky rotates towards his/her face while taking one step forward.

ii) Grab the attacker's arm as if you are shaking hands with his/her elbow. Walk under your arm and turn to the attacker's back creating an arm lock.

2. Double hand collar grab/Double handed choke

i) Put one arm straight in the air. Other arm on attacker's hand.

BOARD BREAKING

- **Hand** - 1 Board (Inward Knife Hand or Reverse Middle Punch)
- **Foot** – 1 Board Side Kick or Roundhouse Kick

SPARRING

- One Step Sparring (4-6)
- Free Sparring (One-on-One and Alternate)

BREAKFALL

- Falling to the right side from a squatting position
- Falling to the left side from a squatting position

7th Kup - Green Stripe



Mental Requirements

A) What is the meaning of the Green belt?

1. The green belt represents the green color of plants and signifies growth.

“Sir/Ma’am”!

B) What is the meaning of Taegeuk Sam Jang?

1. The third Taegeuk form signifies fire and clarity. “Sir/Ma’am”!

C) What does cooperation mean?

1. Working together as a team. “Sir/Ma’am”!

D) How do you use cooperation in the following settings:

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

E) What are the four mental components of power?

1. Focus
2. Desire
3. Visualization
4. Confidence

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

1. **Twist Kick** — Instep
2. **Double Roundhouse Kick** — Instep
3. **Jumping front kick** — Ball of the foot

G) Know how to tie your belt correctly and be able to demonstrate tying the belt at the testing.

H) All previous mental requirements



One Step Sparring (Green-Stripe)

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 Left leg back forming a Right **Horse-Riding Stance** while Blocking with the Right hand **Middle Inward Block** then trap opponents’ hand with the left hand and execute a **Side Elbow Strike** to Solar Plexus then execute **Back fist Strike** to Face with the same hand.

2. A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.

B. **Defender** Moves Left leg back forming a Right **Horse-Riding Stance** while Blocking with the Right hand **Middle Inward Block** then trap opponents’ hand with the left hand and execute a High **Hammer fist Strike** to the Temple then **Turning Elbow Strike** with the Right hand to opponent’s Jaw.

3. A. **Attacker** Steps Forward executing a **High Punch** in **Forward Stance**.

B. **Defender** Moves 45° of the Opponent with Right Leg in **Forward Stance** while blocking with left hand **Outer Forearm Middle Block** then simultaneously executing **Upward Elbow Strike** to Chin, then Sweep Opponent and execute a **punch** to face.



BASIC STANCE

Moa Seogi
(Closed Stance)
Legs straight
Weight centered

Naranhi Seogi
(Parallel Stance)
Legs straight
Weight centered

Ap Seogi
(Walking Stance)
Legs straight
Weight centered

Ap Kubi
(Front Stance)
Front leg bent
Rear leg straight
Approx. 2/3 weight on front foot

Dwit Kubi
(Back Stance)
Knees bent
Approx. 2/3 of weight on rear leg; rear shoulder, hip, knee on same vertical line

Joochoom Seogi
(Horse Riding Stance)
Knees bent
Knees in line with hips, feet

Beom Seogi
(Tiger Stance)
Rear foot supports all weight. Knees close together, rear knee bent and in line with toes. Ball of front foot lightly touches floor.

Oreun Seogi
(Right Stance)
Legs straight
Weight evenly distributed

Wen Seogi
(Left Stance)
Legs straight
Weight evenly distributed

Ap Koa Seogi
(Forward Cross Stance)
Front leg at 30-45° bears 90% of weight

Dwit Koa Seogi
(Backward Cross Stance)
Front leg at 30-45° bears 90% of weight.

Hakdari Seogi
(Crane Stance)
Support knee bent as in horse riding stance. Inner arch of foot on inner crook of knee. Lifted knee and foot face forward.

Kyotdari Seogi
(Assisted Stance)
Height same as horse riding stance. Front foot bears 90% of weight. Ball of rear foot aligned with arch of front foot.



MORAL CULTURE

WISDOM

Wisdom is knowing the distinction between right and wrong. Not only for the affairs of others but also for yourself.

Wisdom is knowing the distinction between right and wrong. Not only for the affairs of others but also for yourself.

Wisdom: When you talk, you are only repeating what you already know. However, if you listen, you may learn something new.

- Dalai Lama

Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him.

- Epictetus

There are three solutions to every problem: accept it, change it, or leave it. If you cannot accept it, change it. If you cannot change it, leave it.

- Buddha



Taegeuk Sa-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.

This trigram represents Fire. Related to this symbol is also East and the relationship of the Second Daughter. Fire contains a lot of energy. The symbol behind the fire is similar to the symbolism of the water in that both can aid and both can destroy. This form is intended to be performed rhythmically, with some outbursts of energy to reflect fire's rhythmic and energetic dualism.

1

Turn 90 degrees to the left by moving your left leg into a Walking Stance (앞서기 ap-sogi) and make a left hand Low Block (아래막기 arae-makgi).

2

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

3

Land forward into a Front Stance (앞굽이 ap-kubi) and make a Double Punch (몸통 두번 치르기 dubeon-jireugi) starting with the right hand then left.

4

Left hand Reverse Middle Punch from previous Double Punch (몸통 두번 치르기 dubeon-jireugi)



8

Right hand Reverse Middle Punch from previous Double Punch (몸통 두번 치르기) dubeon-jireugi

7

Land forward into a Front Stance (앞굽이 ap-kubi) and make a Double Punch (몸통 두번 치르기 dubeon-jireugi) starting with the left hand then right.

6

Make a left leg Front Kick forward. (앞차기 ap-chagi)

5

Turn 180 degrees to the right by moving the right leg into a Walking Stance (앞서기 ap-sogi) and make a right hand Low Block (아래막기 arae-makgi)

FINISH

Turn left 180 degrees by moving the left leg back into READY STANCE (기본준비 junbi)

9

Turn 90 degrees to the left by moving the left leg into a Walking Stance (앞서기 ap-sogi) and make a right hand Knife Hand Inward Strike (손날 안치기 sonnal-an-chigi) to the neck

10

Step forward with the right leg into a Walking Stance (앞서기 ap-sogi) and make a left hand Knife Hand Inward Strike (손날 안치기 sonnal-an-chigi)

11

Turn 90 degrees to the left by moving the left leg into a Back Stance (뒷굽이 dwi-kubi) and make Single Knife Hand Outward Block (한손날 바깥막기 hansonnal-bakkat-makgi)

12

Move left leg slightly to the side into a Front Stance (앞굽이 ap-kubi) and make a right hand Reverse Middle Punch (몸통 바로 치르기 momtong-baro-jireugi)

34

KIHAP

Follow up with left hand Reverse Middle Punch (몸통 바로 치르기 momtong-baro-jireugi) in current stance.

33

Land forward into a Walking Stance (앞서기 ap-sogi) and make a right hand Low Block (아래막기 arae-makgi)

15

Turn 90 degrees to the left by moving the left leg inward into a Walking Stance (앞서기 ap-sogi) and make a right hand Middle Block (몸통막기 momtong-makgi)

16

Step forward with the right leg into another Walking Stance (앞서기 ap-sogi) and make a left hand Middle Block (몸통막기 momtong-makgi)

14

Move right leg slightly to the side into a Front Stance (앞굽이 ap-kubi) and make a left hand Reverse Middle Punch (몸통 바로 치르기 momtong-baro-jireugi)

13

Turn 180 degrees to the right by moving the right leg into a Back Stance (뒷굽이 dwi-kubi) and make a Single Knife Hand Outward Block (한손날 바깥막기 hansonnal-bakkat-makgi)

32

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

31

Follow up with right hand Reverse Middle Punch (몸통 바로 치르기 momtong-baro-jireugi) in current stance.

20

Left hand Reverse Middle Punch from previous Double Punch (몸통 두번 치르기 dubeon-jireugi)

19

Land forward into a Front Stance (앞굽이 ap-kubi) and make a Double Punch (몸통 두번 치르기 dubeon-jireugi) starting with the right hand.

18

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

17

Turn 270 degrees to the left by moving the left leg into a Walking Stance (앞서기 ap-sogi) and make a left hand Low Block (아래막기 arae-makgi)

30

Land forward into a Walking Stance (앞서기 ap-sogi) and make a left hand Low Block (아래막기 arae-makgi)

21

Turn 180 degrees to the right by moving the right leg into a Walking Stance (앞서기 ap-sogi) and make a right hand Low Block (아래막기 arae-makgi)

22

Make a left leg Front Kick forward. (앞차기 ap-chagi)

23

Land forward into a Front Stance (앞굽이 ap-kubi) and make a Double Punch (몸통 두번 치르기 dubeon-jireugi) starting with the left hand.

24

Right hand Reverse Middle Punch from previous Double Punch (몸통 두번 치르기 dubeon-jireugi)

29

Make a left leg Front Kick forward. (앞차기 ap-chagi)



TAEGEUK #3
SAM JANG 태극 3장
REFERENCE MAP (7th Geup)

25

Turn 90 degrees to the left by moving the left leg into a Walking Stance (앞서기 ap-sogi) and make a left hand Low Block (아래막기 arae-makgi)

26

In this position, make a right hand Reverse Middle Punch (몸통 바로 치르기 momtong-baro-jireugi)

27

Step forward with the right leg into a Walking Stance (앞서기 ap-sogi) and make a right hand Low Block (아래막기 arae-makgi)

28

In this position, make a left hand Reverse Middle Punch (몸통 바로 치르기 momtong-baro-jireugi)



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.

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.

7th Kup - Green 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**.

7th Kkup - Green 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
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