



# 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 Yellow Belt - Green Stripe (7<sup>th</sup> Kup)



## HAND & COMBINATION TECHNIQUES

- **Forward Stance** – Twin fist Strike (High, Mid, Low)
- **Forward Stance** – Outer Forearm Middle Block Then Upward Elbow Strike
- **Back stance** – Single Knife hand Outer Forearm Middle Block, then Forward Stance  
Reverse Middle Punch
- **Forward Stance** – Outer Forearm Middle Inward Block, Back fist Strike
- **Back Stance** – Double Knife-hand Guarding Block

## KICKING & FOOTWORK TECHNIQUES

**All done from Fighting Stance and moving forward:**

- **Combination Kicking:** 1. Crescent Kick, Spinning Hook Kick & Roundhouse Kick x 5  
2. Front leg cut + Single step forward + Turning Back Kick x 5
- **Consecutive Kicking:** Cut Kick, Hook Kick & Roundhouse Kick x 5
- **Front Pushing Kick** x 5
- **Jumping Kicks:** Roundhouse Kick, Side Kick, Hook Kick, Axe Kick & Back Kick x 5



## ATTENDANCE/TIME

**Regular attendance for 3 months from the previous grading. At the discretion of the instructor, a student may grade for their yellow belt from white belt.**

## THEORY

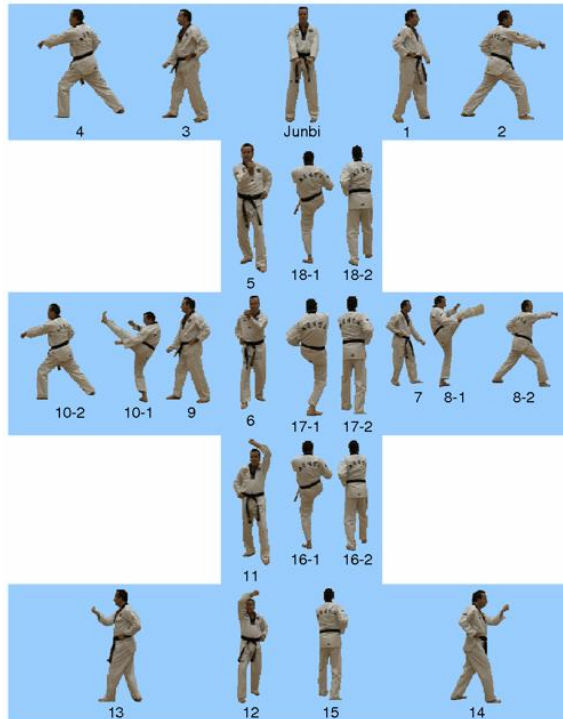
There are two ways of generating force - linear (or translation) and rotation. If you stand with your shoulders square and only moving your arm punch forward you are generating linear force. If you stand the same way and hold your arm out to the side and then keeping your arm locked rotate your waist you are generating rotational force. Taekwondo techniques aim to combine both types of force generation for maximum effect. So, as an example when you punch as well as the arm extending forwards (generating linear force), you also rotate the punching fist within the last 10-20% of the movement (which is the same for 98% of Taekwondo techniques) and you rotate the waist.

So Taekwondo uses both types of force generation to increase the power. The other important principle of power generation is that you can increase the power by making the movement faster (which we are above by adding the two types of force generation) or increase the weight (technically the mass) of the striking object. Obviously, you can't make your hand weigh more dramatically during a fight (unless you grab a roll of coins), however you can try to make a solid connection from the striking part all the way through the body and in to the feet to the floor. This means instead of the mass just being the striking arm, the whole mass of the body links generates more power. This is why it's important to ensure the back foot is firmly flat on the floor during most Taekwondo stances, if not the force travels through the body and is then wasted in pushing the foot to the floor. This principle of a solid connection through the body is called "kinetic linking".

**8th Kup - Yellow Belt**



## POOMSAE



**Yellow Belt** - Signifies the earth from which the plant sprouts and takes root as the Taekwondo foundation is being laid.

Taeguk Ee Jang - 18 movements, represents joyfulness. Korean symbol – Tae

The Taeguk forms are a more developed series of training exercises similar to the kibon but utilizing more advanced techniques and combinations. The word "taeguk" is comprised of two words: "Tae" meaning "bigness," and "geuk" meaning "eternity." This means not only that the forms have no beginning or end, but they also encompass the essence of Taekwondo. Indeed, this can be seen by studying the practical applications (combat, self-defense) of the techniques. Taeguk Il-jang represents heaven (keon) and represents the beginning of things (light and rain come from the heavens and nurture growth) and end (death, place in heaven, rebirth).

- Kibon Il Jang,
- Taeguk Il-Jang & Taeguk Ee-Jang

**8th Kup - Yellow Belt**



## SELF DEFENSE - HOSIN SOOL

- Slap to face (2 times)
- Double Lapel Grab (2 times)
- Shoulder grab from behind ( 2 times)
- Double Wrist grab from behind (2 times)
- Hair Grab from behind (girls) (2 times)

## FITNESS/ENDURANCE

- 35 Regular Push-ups
- 35 Crunches
- 35 Squats
- 15 Burpees

## SPARRING

- Semi-free Sparring
- One Step Sparring (1-3)
- Free Sparring

## DESTRUCTION

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

**8th Kup - Yellow Belt**





## Mental Requirements

### A) What is the meaning of the yellow belt?

1. Signifies the earth from which the plant sprouts and takes root as the Taekwondo foundation is being laid. "Sir/Ma'am"!

### B) What is the meaning of Taegeuk Ee Jang?

1. The second Taegeuk form signifies joy. "Sir/Ma'am"!

### C) Count 11 to 20 in Korean

- |                        |                           |
|------------------------|---------------------------|
| 1. Eleven — Yul hana   | 6. Sixteen — Yul yoset    |
| 2. Twelve — Yul dule   | 7. Seventeen — Yul il gob |
| 3. Thirteen — Yul set  | 8. Eighteen — Yul yo dul  |
| 4. Fourteen — Yul net  | 9. Nineteen — Yul a hop   |
| 5. Fifteen — Yul dasot | 10. Twenty — Sumul        |

### D) What are the commandments of Taekwondo?

1. Respect your parents
2. Respect your brothers and sisters
3. Be loyal to your friends
4. Respect your elders
5. Respect your teachers
6. Finish what you begin

### E) What are the four physical components of power?

1. Follow-through
2. Accuracy
3. Speed
4. Technique

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

1. Push kick — Bottom of the heel
2. Back kick — Bottom of the heel
3. Spinning hook kick — Back of the heel
4. Jumping side kick — Bottom of the heel

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

**8th Kup - Yellow Belt**



## One Step Sparring (Yellow 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 Horse-Riding Stance while Simultaneously Blocking with the left-hand **Knife hand Block** and **Middle Punch** to Solar Plexus with the Right hand.
2. A. **Attacker** Steps Forward executing a **High Punch** in **Forward Stance**.
- B. **Defender** Moves Right leg 45° of opponent forming a **Right Horse-Riding Stance** while Simultaneously Blocking with the left-hand **Knife hand Block** and **High Punch** to Face with the Right hand. Then grasp Attacker’s head with the left hand and execute **Front Elbow Strike** to face.
3. A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.
- B. **Defender** Moves forward with Right leg towards the opponent forming a **Horse-Riding Stance** while Simultaneously Blocking with the left-hand **Knife hand Block** and trapping the hand then executing a **Turning Elbow Strike** to Jaw with the Right elbow.

**8th Kup - Yellow Belt**





## MORAL CULTURE

### TRUTH

**Truth** is not what you want it to be; it is what it is, and you must bend to its power or live a lie.  
-Miyamoto Musashi

The **truth** is like a lion, you do not have to defend it. Let it loose. It will defend itself.  
-St. Augustine

A good woman or man will be honest no matter how painful the **truth** is. A coward hide behind lies and deceit.

-Anonymous

The tenets of Taekwondo are a guide for all serious student of Taekwondo to follow and embody in their everyday life.

**Courtesy (Ye Ui)** refers to showing **respect and concern** to all others in the dojang (training area) as well as people you may meet outside of formal **Taekwondo** training.

Other meaning for Courtesy:

- To be polite to each other
- To distinguish Senior from Junior, Instructor from student etc...
- Behave oneself according to protocol and etiquette.
- Respecting other people's property.
- Do things with utmost respect and sincerity.
- Avoid giving or taking gifts when uncertain.

**8th Kup - Yellow Belt**



# BASIC STANCES

**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.

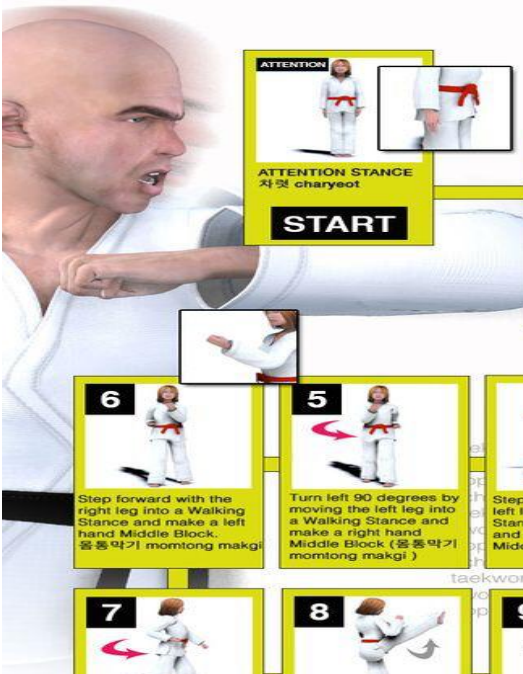
**Hakdari Seogi**  
(Crane Stance)  
Support knee bent as in horse riding stance. Inner arch of foot on inner crook of knee. Lifted knee and foot face forward.

**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.

8th Kuip - Yellow Belt



# Taegeuk Ee-Jang



TAE KWON DO 태권도

**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 Walking Stance and make a left hand Low Block. (아래막기 aerae makgi)

**2**

Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.

**6**

Step forward with the right leg into a Walking Stance and make a left hand Middle Block. (몸통막기 momtong makgi)

**5**

Turn left 90 degrees by moving the left leg into a Walking Stance and make a right hand Middle Block (몸통막기 momtong makgi)

**4**

Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand Middle Punch.

**3**

Turn 180 degrees to the right by moving the right leg into a Walking Stance and make a right hand Low Block. (아래막기 aerae makgi)

**FINISH**

Bring back the left leg into READY STANCE

**7**

Turn 90 degrees to the left by moving the left leg into a Walking Stance and make a left hand Low Block. (아래막기 aerae makgi)

**8**

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

**9**

Land forward the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand High Punch.

**23**

Land the right leg forward into a Walking Stance (앞서기 ap sogi) and make a right hand Middle Punch

**GIHAP**

**12**

Land forward the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand High Punch.

**11**

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

**10**

Turn 180 degrees to the right by moving the right leg into a Walking Stance and make a right hand Low Block. (아래막기 aerae makgi)

**22**

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

**13**

Turn 90 degrees to the left by moving the left leg into a Walking Stance and make a left hand High Block. (올려막기 olgul makgi)

**14**

Step forward with the right leg into a Walking Stance and make a right hand High Block. (올려막기 olgul makgi)

**21**

Land the left leg forward into a Walking Stance (앞서기 ap sogi) and make a left hand Middle Punch

The associated trigram of this poomse represents the Lake (joy, a calm sturdy spirit). Also, related to the symbol is South East and the relationship of the youngest daughter. The movements of this Taegeuk are aimed to be performed believing that man has limitations, but that we can overcome these limitations. The Lake and its water symbolize the flowing and calm nature of the martial artist.

**15**

Turn left 270 degrees by moving the left leg into a Walking Stance and make a right hand Middle Block. (몸통막기 momtong makgi)

**16**

Turn 180 degrees to the right by moving the right leg into a Walking Stance and make a left hand Middle Block. (몸통막기 momtong makgi)

**20**

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

**TAEGEUK #2**  
**YI JANG 태극 2장**  
REFERENCE MAP ( 8th Geup )

**17**

Turn left 90 degrees by moving the left leg into a Walking Stance and make a left hand Low Block. (아래막기 aerae makgi)

**18**

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

**19**

Land the right leg forward into a Walking Stance (앞서기 ap sogi) and make a right hand Middle Punch.

8th Kup - Yellow Belt





## 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.

**8th Kup - Yellow 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. 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**.

**8th Kup - Yellow Belt**



## 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  
**Kallyo** - Separate (no grappling)

### 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;





<p><b>Kyesok</b> – Continue; <b>Seung</b> – Winner</p> <p><b>Gam jeong</b> – Penalty</p>	
<p><b><u>Punches &amp; Strikes</u></b></p> <p><b>Jireugi</b> - Punch</p> <p><b>Ap Jireugi</b> - Front Punch</p> <p><b>Momtong Jireugi</b> – Middle Punch</p> <p><b>Yup Jireugi</b> – Side Punch</p> <p><b>Olgul Jireugi</b> – High Punch</p> <p><b>Arae Jireugi</b> – Low Punch</p> <p><b>Palkup Ollyo Chigi</b> – Upward Elbow Strike</p> <p><b>Palkup Yeop Chigi</b> – Side Elbow Strike</p> <p><b>Palkup Dwi Chigi</b> – Back Elbow Strike</p> <p><b>Palkup Naeryo Chigi</b> – Downward Elbow Strike</p> <p><b>Deung Jumeok Chigi</b> – Back Fist Strike</p> <p><b>PyeonSonkeut Sewo Jireugi</b> – Spearhand Strike</p> <p><b>Batangson Teok Chigi</b> - Palm Heel Strike (chin)</p> <p><b>Sonnal Deung Chigi</b> – Ridge Hand Strike</p> <p><b>Mureup Chigi</b> – Knee Strike</p> <p><b>Jebi Poom Chigi</b> – Combination Knifehand Block and Strike</p> <p><b>Sonnal Bakkat Chigi</b> – Outward Knifehand Strike</p> <p><b>Sonnal An Chigi</b> – Inward Knifehand Strike</p> <p><b>Du Hechyo Jireugi</b> – Twin Upset Punch</p> <p><b>Deung Jumeok Bakat Chigi</b> – Outward Hammerfist Strike</p> <p><b>Khaljaebi Chigi</b> – Arc Hand Strike</p> <p><b>Ap palkup chigi</b> - Front elbow</p> <p><b>Palkup pyojeok chigi</b> - Front elbow with target</p> <p><b>Dwi palkup chigi</b> - Back elbow</p> <p><b>Deungjumeok ap chigi</b> - Back fist front strike</p>	<p><b><u>WT Taekwondo Blocks</u></b></p> <p><b>Makki</b> - Block</p> <p><b>Arae Makki</b> – Low Block</p> <p><b>Momtong Makki</b> - Middle (Body) Block <b>Olgul Makki</b> - High (Face) Block</p> <p><b>Momtong Makki</b> – Outer Forearm Inward Block</p> <p><b>Momtong Bakkat Makki</b> - Outer Forearm Block</p> <p><b>Batangson Makki</b> – Palm Block</p> <p><b>Goduro Makki</b> – Guarding Block</p> <p><b>Sonnal Makki</b> - Knife Hand Block</p> <p><b>Otgureo Makki</b> - X-fist Block</p> <p><b>Batangson an Makki</b> - Palm Heel Block</p> <p><b>Kawi Makki</b> – Scissors Block</p> <p><b>Hechyo Makki</b> – Wedging Block</p> <p><b>Momtong Goduro Makki</b> – Guarding Block</p> <p><b>Hansonnal Makki</b> – Single Knifehand Block</p>



### 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**