



# 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.

<b>Current Belt Color</b>	<b>Time</b>	<b>Classes</b>
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 Stripe - Yellow Belt (9<sup>th</sup> Kup)



## Physical Requirements

### HAND & COMBINATION TECHNIQUES

- **Forward Stance** - Rear leg Front Kick, Low Block & Reverse Punch
- **Walking stance** –Outer forearm Low block, Front Kick & Middle Punch
- **Back stance** – Single Knife hand Outer Forearm Middle Block
- **Forward Stance** – Knife hand Inward neck strike
- **Fighting Stance** – Double Forearm Guarding Block

### KICKING & FOOTWORK TECHNIQUES

All done from Fighting Stance and moving forward:

- **Combination Kicking:** Roundhouse Kick x 2 & Back Kick
- **Combination Kicking:** Front kick, Roundhouse Kick, Axe kick (fighting stance).
- **Consecutive Kicking:** Front Kick & Roundhouse Kick/ In-Out Crescent Kick & Side Kick
- **Jumping,** Side Kick
- **Hook Kick** x 5
- **Axe Kick** x 5
- **Back Kick** x 5
- **Double Roundhouse Kick (Narae Chagi)** x 5

## INTRODUCTORY NOTE



Students are often surprised that the syllabus for the first grade looks so long. Yet the first belt lays the foundation to all that follows and, as one increases in grade, your syllabus is comprised of the syllabi of all previous grades.

### ATTENDANCE/TIME

Regular attendance for 2-3 months, at the instructor's discretion. If combined with the yellow belt (8th kup) testing, usually a minimum of 3 months training is required.

### POOMSAE

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

The purpose of the Kibom form is to show the development of basic techniques and show understanding of block and strike preparation, balance, and focus. Kibom Il-jang is the simplest form and will only be described in text following Taegeuk forms.

- Kibom Il-Jang
- Taegeuk Il-Jang

### SELF DEFENSE - HOSIN SOOL

- Single Arm Grab (2 times)
- Double Lapel Grab (2 times)
- Middle punch (2 times)
- Overarm grab from behind (2 times)

### SPARRING

- No Contact Sparring
- Three Step Sparring (1-3)

9th Kup - Yellow Stripe



## MORAL CULTURE

The Number One Rule in Taekwondo is “RESPECT”.

Respect for One’s Self

Respect to Your Parents

Respect to Siblings

Respect to Peers

Respect to Elders and People of Authority

**9th Kup - Yellow Stripe**



# 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.

9th Kupa - Yellow Stripe



## Mental Requirements

### **A) What is the Taekwondo Oath?**

1. I will observe the Tenets of Taekwondo
2. I will respect my instructors and seniors
3. I will never misuse Taekwondo
4. I will help build a more peaceful world
5. I will be a champion of freedom and justice

### **B) Why do we Kihap (yell) in Taekwondo**

1. To develop spiritual strength with concentration, power, and confidence.  
“Sir/Ma’am”!

### **C) Why do you belt test?**

1. To demonstrate our knowledge and preparation of Taekwondo. To gain confidence by performing under pressure and to let a qualified judge determine the stage of our knowledge. “Sir/Ma’am”!

### **D) What is the meaning of the Yellow belt?**

1. Signifies earth from which a plant sprouts and takes root as the foundations of Taekwondo are laid. “Sir/Ma’am”!

### **E) What is the meaning of Taegeuk Il Jang?**

1. The first Taegeuk form signifies heaven and light. “Sir/Ma’am”!

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

1. Axe kick — Back of the heel
2. High roundhouse kick — Instep
3. Inside crescent kick — Inside edge of the foot
4. Outside crescent kick — Outside edge of the foot

### **H) All previous mental requirements.**





### Three Step Sparring (Yellow Stripe)

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**.

(3 Times)

B. **Defender** Moves Back in Forward Stance while executing **Inward Block**.

(3 Times) then Step 45° left of the Attacker and Execute **2 Middle punch** to Rib cage and **1 High Punch** to temple.

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

C. **Defender** Moves Back in Forward Stance while executing High Block. (3 Times) then trap opponent’s hand and execute a **Reverse Punch** to face.

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

B. **Defender** Moves backwards starting with left leg forming a **Horse-Riding Stance** while executing **Inward Block** with the right hand. (3 times alternating) trapping the attacker’s hand with the left hand then executing an **Outward Knife hand Strike** to the Neck with the Right hand.

9th Kup - Yellow 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.

### 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.

9th Kup - Yellow Stripe



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**.

9th Kup - Yellow 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 (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)  
**Kyesok** – Continue; **Seung** – Winner  
**Gam jeong** – Penalty

### 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**