

GRADING SYLLABUS

ENDURANCE

태권도

White Belt to Orange 3

10 Years Old and under

WHITE TO ORANGE 1 STRIPE

BLOCKS - All in horse-riding stance

- Lower Block
- Body Block
- Outside Body Block
- Upper Block

PUNCHES – All in horse-riding stance

- Stomach Punch
- Face Punch
- Double Stomach Punch
- Double Face Punch

KICKS – All in fighting stance on the spot

- Front Kick
- Round House Kick

TERMINOLOGY

- Charyeot – Attention
- Kyongre – Bow
- Junbi – Ready
- 1 – Hana
- 2 – Dool
- 3 – Set
- 4 - Net

10 Years Old and under

ORANGE 1 TO ORANGE 2 STRIPES

STRIKES - All in horse-riding stance

- Spear Hand to the Throat
- Palm Strike
- Knife Hand to the Neck
- Chisel Strike to the Throat

PUNCHES – Start off in front stance left hand lower block

- Must be in front stance moving up and down to count of 4

- Stomach Punch
- Face Punch
- Y Hand

KICKS – All in fighting stance moving forward

- Front Kick
- Round House Kick

TERMINOLOGY

- Dojang – Training Centre
- Dobok – Uniform
- 1 – Hana
- 2 – Dool
- 3 – Set
- 4 – Net
- 5 – Dasot
- 6 - Yasot

10 Years Old and under

ORANGE 2 TO ORANGE 3 STRIPES

PATTERN

- First 4 moves of Basic Pattern

SELF DEFENCE

- 2 X Basic Wrist Defence and push. Recover to fighting stance
 - Right Hand to right wrist, Right hand to left wrist – circle outside.

KICKS – All in fighting stance moving up and down to count of 4

- Front Kick (back leg)
- Round House Kick (back leg)

STRIKES

- Jab/ Cross – 2 punches to every 1 step. Moving in Fighting stance

BLOCKS - Start off in front stance left hand lower block, moving up and down to count of

- Lower Block
- Body Block
- Outside Body Block
- Upper Block

TERMINOLOGY

- 1 – Hana
- 2 – Dool
- 3 – Set
- 4 – Net
- 5 – Dasot
- 6 – Yasot
- 7 – Ilgop
- 8 – Yadool

