

# **GRADING SYLLABUS**

**ENDURANCE**

**태권도**

**White Belt to Yellow 3**

## ORANGE 3/ SENIOR WHITE TO YELLOW 1 WHITE STRIPE

### TECHNIQUES

#### **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

#### **STRIKES** – Horse Riding Stance

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

#### **KICKS** – All in fighting stance on the spot

- Front Kick
- Round House Kick

#### **TERMINOLOGY**

- 1 – Hana
- 2 – Dool
- 3 – Set
- 4 – Net
- 5 – Dasot
- 6 – Yasot
- 7 – Ilgop
- 8 – Yadool
- 9 – Ahop
- 10 – Yeol
- Charyeot – Attention
- Kyongre – Bow
- Junbi – Ready

## **ORANGE 3 TO YELLOW 1 WHITE – Just below**

### **BASIC PATTERN**

#### **SELF DEFENCE - WRIST ROLLS**

- Right hand/ Left Hand/ Right Hand

### **11 Years old and OVER**

## **YELLOW 1 TO YELLOW 2**

### **POOMSAE**

- TAEGEUK 1- Il Jang

#### **SELF DEFENCE**

- 3 shoulder grab self defence
- Basic Sweep

#### **TECHNIQUES – KICKS**

- Fighting Stance – Moving – Front Kick to Round House – 2 Kicks per count

#### **TERMINOLOGY – In Fighting Stance (10Yrs+)**

- Front Kick - Ap Chagi
- Round House Kick – Dolyo Chagi

## **YELLOW 2 TO YELLOW 3**

### **POOMSAE**

- TAEGEUK 2 - E Jang

#### **SELF DEFENCE – Self Defence from the following attacks**

- Hook Punch
- Wrist Grab
- Chest Grab

#### **TECHNIQUES – KICKS**

- Fighting Stance – Moving – Front Kick to Round House – 2 Kicks/ per count

#### **TERMINOLOGY – In Ready Stance (10yrs +)**

- Finish - Keuman
- Boro – Return to start (end of your pattern)
- Kalyeo – Stop (Sparring)