

GRADING SYLLABUS

ENDURANCE

태권도

Red 3 to Cho Dan Bo 3

CHO DAN BO

POOMSAE

- TAEGEUK 7 - Chil Jang
- TAEGEUK 8 – Pal Jang

SELF DEFENCE – Self Defence from the following attacks

- 3 x Knife
- 2 x Stick
- 5 x Grab
- 2 x Strangle/ Head Lock
- 2 x Strikes
- 1 x Ground Defence

TECHNIQUES – KICKS – Fighting Stance

- Axe Kick and Inner/ Outer Crescent Kicks
- Front Kick to Round House to Turning Hook
- Inner Crescent to Back Kick to Front Kick

TERMINOLOGY

- Count 1 – 10

Moving into position each time

- Closed Stance – Moa Seogi
- Parralel Stance – Narani Seogi
- Horseriding Stance - Juchum Seogi
- Walking Stance – Ap Seogi
- Back Stance – Dwit Gubi
- Front Stance – Ap Gubi

BOARD BREAKING

- 3 x foot – Varying Techniques

CHO DAN BO 1

POOMSAE

- TAEGEUK 1 AND 2

SELF DEFENCE – Self Defence from the following attacks

- 10 TECHNIQUES – Include Strikes, Weapons, Grabs, Ground Defence

TECHNIQUES – KICKS – Fighting Stance and moving

- 2 Self Developed Kicking Combinations. Include turning kicks.

TERMINOLOGY

- First 12 moves of Taegeuk 1 (Blocks and strikes only AGES 10YRS +)

BOARD BREAKING

- Turning Kick

CHO DAN BO 2

POOMSAE

- TAEGEUK 3 AND 4

SELF DEFENCE – Self Defence from the following attacks

- 10 TECHNIQUES – Include Strikes, Weapons, Grabs, Ground Defence

TECHNIQUES – KICKS – Fighting Stance and moving

- 2 Self Developed Kicking Combinations. Include turning kicks

TERMINOLOGY

- First 14 moves of Taegeuk 3 (Blocks and strikes only AGE 10YRS+)

BOARD BREAKING

- Turning Kick

CHO DAN BO 3

POOMSAE

- TAEGEUK 5 AND 6

SELF DEFENCE – Self Defence from the following attacks

- 10 TECHNIQUES – Include Strikes, Weapons, Grabs, Ground Defence

TECHNIQUES – KICKS – Fighting Stance and moving

- 3 Self Developed Kicking Combinations. Include turning kicks

TERMINOLOGY

- First 13 moves of Taegeuk 5 (Blocks and strikes only)

BOARD BREAKING

- Turning Kick

