

Appendix 1

GRADING SYLLABUS COVERAGE for 10<sup>th</sup> Kup (White Belt) - 9<sup>th</sup> Kup (Yellow Stripe) – issue 3

Name:

STANCES, BLOCKS, STRIKES	KICKING TECHNIQUES	PATTERNS	SET SPARRING	DESTRUCTION TECHNIQUES	HONSINSUL	WTF OLYMPIC SPARRING	KNOWLEDGE
<p><u>Horse riding stance:</u></p> <ul style="list-style-type: none"> <li>. Single punch</li> <li>. Double punch</li> </ul> <p>Long stance:</p> <p>Moving forwards &amp; backwards</p> <ul style="list-style-type: none"> <li>. Single punch</li> <li>. Double punch</li> <li>. High section palm heel strike</li> </ul> <p><b>All of the following blocks with a 'reverse' punch</b></p> <ul style="list-style-type: none"> <li>. High section block</li> <li>. Thumb side block</li> <li>. Low section block</li> <li>. Finger side block</li> <li>. Thumb side block</li> <li>. Knife hand block</li> </ul>	<p><u>Sparrring stance:</u></p> <p>Moving forwards in sparring stance:</p> <ul style="list-style-type: none"> <li>. ½ turning kick</li> <li>. Crescent kick inwards</li> <li>. Crescent kick outwards</li> <li>. Front rising kick</li> <li>. Front kick (mid-section)</li> <li>. Side kick (mid-section)</li> <li>. Turning kick (mid-section)</li> </ul>	<ul style="list-style-type: none"> <li>. Gibonil</li> <li>. Sajugiligi (4 directional punch)</li> </ul>	None	<p>Basic strikes and kicks against focus mitt.</p>	<p><u>Grabs</u></p> <ul style="list-style-type: none"> <li>. Single wrist grab</li> <li>. Double wrist grab</li> <li>. Single lapel grab</li> <li>. Double lapel grab</li> <li>. Single hand hair grab from the front</li> <li>. Bear hug holding under arms from the rear</li> </ul> <p><u>Strikes</u></p> <ul style="list-style-type: none"> <li>. Hook punch to the face</li> <li>. Straight punch to the face</li> </ul> <p><u>Kicks</u></p> <ul style="list-style-type: none"> <li>. Low section front</li> <li>. kick to the groin</li> </ul> <p><u>Ground Grapples</u></p> <ul style="list-style-type: none"> <li>. None</li> </ul> <p><u>Weapon Attacks</u></p> <ul style="list-style-type: none"> <li>. None</li> </ul>	<p>. 1 for 1 Kicking</p> <p>. 2 for 2 Kicking</p> <p>. 3 for 3 Kicking</p> <p>. Technical free sparring</p> <p>Using basic kicks &amp; stepping.</p> <p><b>No Contact</b></p> <p>Not all students wish to compete, however all Taekwondo students should have a basic understanding of the skills required for and the rules of competition Taekwondo.</p>	<p><u>Meaning of Taekwondo</u></p> <ul style="list-style-type: none"> <li>- The way (do) of foot (tae) and fist (kwon).</li> <li>. Country of origin - Korea</li> <li>. Meaning of WTF</li> <li>- World Taekwondo Federation</li> <li>. Meaning of TANI</li> <li>- Taekwondo Association of Northern Ireland</li> <li>. Meaning of UTA</li> <li>- United Taekwondo Association</li> <li>. Name in English: <ul style="list-style-type: none"> <li>-stances</li> <li>-kicks</li> <li>-blocks</li> </ul> </li> <li>. Tenets of Taekwondo: <ul style="list-style-type: none"> <li>Etiquette, Modesty, Perseverance, Self Control, Indomitable Sprit</li> </ul> </li> <li>. 1 - 10 in Korean: <ul style="list-style-type: none"> <li>(1)Hama, (2)Dool, (3)Set, (4)Net, (5)Dasut, (6)Yausut, (7)ilgope, (8)Yaudul, (9)Ahope, (10)Yaul</li> </ul> </li> <li>. President of WTF <ul style="list-style-type: none"> <li>- Dr Chungwon Choue</li> <li>. Headquarters of WTF <ul style="list-style-type: none"> <li>- Kuk Ki Won</li> </ul> </li> <li>Kuk Ki Won was built in - 1972</li> </ul> </li> <li>. Show how to make: <ul style="list-style-type: none"> <li>- a fist</li> <li>- a knife hand</li> </ul> </li> <li><u>International Taekwondo Oath</u> <ul style="list-style-type: none"> <li>As a student of Taekwondo</li> <li>.I shall never misuse Taekwondo</li> <li>.I shall observe the tenets of Taekwondo</li> <li>.I shall respect my instructor and seniors</li> <li>.I shall be a champion of freedom and justice</li> <li>.I shall build a more peaceful world</li> </ul> </li> </ul>