

**NORTH NORFOLK
TAEKWONDO ACADEMY**

**GRADING
SYLLABUS**

**9TH KEUP REQUIREMENTS
TO
2ND DAN REQUIREMENTS**

Yellow Belt 9th Keup Requirements (JUNIOR)

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Dui Chagi	Back kick

PUNCHES

Reverse punch and lunge punch - free fighting

Yellow Belt 8th Keup Requirements

BASIC TECHNIQUES

Handan Makki	Downward block
Chungdan Chirugi	Moving punch
Pandae Chirugi	Reverse punch

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Dui Chagi	Back kick

SELF DEFENCE

Head lock - Arm lock - Full Nelson

HYUNG Palgwe Il Jang

Jayu Tacryon - Free fighting if required

Green Tags 7th Keup Requirements

BASIC TECHNIQUES

Handan Makki

Chungdan Chirugi

Pandae Chirugi

Ap Makki (Sangdan Makki)

Chundan Makki

Sudo Makki

Chukyo Makki

Outside chest block

BASIC KICKS

Ap Chagi

Yop Chagi

Tollio Chagi

Duiro Chagi

Kolchyo Chagi

Front kick

Side kick

Round kick

Turn back kick

Heel kick (hook kick)

Combination techniques

Ilbo Taeryon

One step sparring

(Defence against front kick and reverse punch)

HYUNG Palgwe Yi Jang (plus one other)

Jayu Taeryon - Free fighting if required

Brown Tags ^{3rd} Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandaе Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandaе Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Pandaе Bandal Chagi	Jump turn crescent kick
Twimmyo Yop Chagi	Jump side kick

Combination techniques

Semi free fighting

HYUNG Palguc Yul Jang (plus two others)

Jayu Taeryon - Free fighting if required

Brown Belt ^{2nd} Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chag	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Pandae Bandal Chagi	Jump turn crescent kick
Twimmyo Yop Chagi	Jump side kick
Twimmyo Kolchyo Chagi	Jump heel kick
Twimmyo Pandae Kolchyo Chagi	Jump turn heel kick

Combination techniques

At this stage students will be expected to know variations of basic kicks and sweeps

Semi free fighting

HYUNG Palgwe Chil Jang (plus three others)

Jayu Taeryon - Free fighting if required

Black Belt ^{1st} Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Yop Chagi	Jump side kick
Twimmyo Kolchyo Chagi	Jump heel kick

Combination techniques

Semi free fighting

HYUNG Palgue Pal Jang (plus three others)

Jayu Taeryon - Free fighting if required

Black Belt ^{1st} Dan Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Pandae Bandal Chagi	Jump turn crescent kick
Twimmyo Yop Chagi	Jump side kick
Twimmyo Kolchyo Chagi	Jump heel kick
Twimmyo Pandae Kolchyo Chagi	Jump turn heel kick
Twimmyo Pandae Duiro Chagi	Jump turn back kick

Combination techniques

Semi free fighting

HYUNG Koryo (plus four others)

Jayu Taeryon - Free fighting if required

GLOSSARY

KOREAN		ENGLISH
DUIRO DORO	About face
SHEER	At Ease
CHARYO	Attention
KYUNGYE	Bow
YIKWON	Back fist
FUGUL	Back stance
CHONGUL	Fore stance
KIMA	Horse stance
HANDAN	Low area
CHUNGDAN	Middle area
SANGDAN	High area
DO JANG	Training hall
SHEJAK	Begin
GOMON	End
CHUNBI	Ready
CHWA OR WEN	Left
WOO OR ORUN	Right
KYOKPA	Breaking
KOCHUNG SOGI	Fixed stance
PALMOK	Forearm
ANPALMOCK	Inner wrist
MURUP	Knee
TWICHIBO CHIRUGI	Overturn punch
CHANG KWON	Palm heel
YOK SUDO	Ridge hand
KWANSU	Spear hand
SEWO CHIRUGI	Vertical punch

GLOSSARY

English	Korean	English	Korean
1	HANNA	1 st	IL
2	DOOL	2 nd	YI
3	SET	3 rd	SAM
4	NET	4 th	SA
5	TASUT	5 th	OH
6	YOUSUT	6 th	YUK
7	ILGOPE	7 th	CHIL
8	YODUL	8 th	PAL
9	AHUPE	9 th	KOO
10	YAUL	10 th	SHIB