



TAEKWON-DO

Grading Guide

www.sussextaekwon-do.co.uk



FULL GRADING SYLLABUS

SIX WEEKS TRAINING*

Grade up to 9th kup (Yellow Stripe)

Parallel stance, 10 single punches
10 front rising kicks
10 press-ups
Sajo Jirugi
Walking stance, middle section punch
Walking stance, middle section inner forearm block
Walking stance, middle section inner forearm block, reverse punch
Theory

SIX WEEKS TRAINING*

Grade up to 8th kup (Yellow Belt)

Chon-Ji
20 Sitting stance, two continuous punches
20 press-ups
Walking stance, middle section inner forearm block, reverse punch
Walking stance, front kick, obverse punch, reverse punch(fast motion)
Theory

TWO MONTHS TRAINING*

Grade up to 7th kup (Green Stripe)

Dan Gun + other patterns at examiners discretion
Three step sparring
Basic movements at examiners discretion
Walking stance, front kick, obverse punch, reverse punch(fast motion)
Walking stance, low section outer forearm low block, rising block
Theory

TWO MONTHS TRAINING*

Grade up to 6th kup (Green Belt)

Do San + other patterns at examiners discretion
Three step sparring
Three step semi free sparring
Basic blocks at examiners discretion
Basic kicks at examiners discretion
Left and Right Side kick to break (+16 years)
Left and Right Turning kick to break (+16 years)
Theory

THREE MONTHS TRAINING*

Grade up to 5th kup (Blue Stripe)

Won Hyo + other patterns at examiners discretion
Two step sparring
Three step semi free sparring
Free sparring
Left and Right Side kick to break (+16 years)
Left and Right Turning kick to break (+16 years)
Left and Right Reverse Turning kick to break (+16 years)
Theory





FOUR MONTHS TRAINING*

Grade up to 4th kup (Blue Belt)

Yul Gok + other patterns at examiners discretion
Two step sparring
Free sparring
Left and Right Side kick to break (+16 years)
Left and Right Turning kick to break (+16 years)
Left and Right Reverse Turning kick to break (+16 years)
Choice Hand Technique to break
Theory

FIVE MONTHS TRAINING*

Grade up to 3rd kup (Red Stripe)

Joong Gun + other patterns at examiners discretion
One step sparring
Free sparring
Left and Right Reverse Turning kick to break (+16 years)
Choice Hand Technique to break
Theory

FIVE MONTHS TRAINING*

Grade up to 2nd kup (Red Belt)

Toi Gye + other patterns at examiners discretion
One step sparring
Free sparring
Left and Right Reverse Turning kick to break (+16 years)
Choice Hand Technique to break
Theory

SIX MONTHS TRAINING*

Grade up to 1st kup (Black Stripe)

Hwa Rang + other pattern at examiners discretion
One step sparring
Free sparring
Two against One Free Sparring
Left and Right Side kick to break (+16 years)
Left and Right Turning kick to break (+16 years)
Left and Right Reverse Turning kick to break (+16 years)
Theory

SIX MONTHS TRAINING*

Grade up to 1st degree (Black Belt)

Choong Moo + other pattern at examiners discretion
One step sparring
Free sparring
Two against One Free Sparring
Left and Right Side kick to break (+16 years)
Left and Right Turning kick to break (+16 years)
Left and Right Reverse Turning kick to break (+16 years)
Choice Hand Technique on a house brick
Theory

*Grading Time is based on attending 2 x 2 hour classes per week

