



# PHOENIX TAEKWONDO

## GRADING SYLLABUS



### Grading from 2<sup>nd</sup> Kup Red Belt to 1<sup>st</sup> Kup Red Belt Black Stripe



see online including videos at: [www.phoenixtaekwondo.net/grading.html](http://www.phoenixtaekwondo.net/grading.html)

*(this syllabus is a guide for what is required for the grading not a definition)*

- Six months training from Red Belt
- Student must demonstrate correct Tae Kwon Do Etiquette and Manner
- Pattern 7 – Taegeuk Chil-Jang
  - Patterns 1 through 7
  - Taegeuk iljang, iijang, samjang, sajang, ohjang  
Yookjang, chiljang
- Basic Hand Techniques

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  - All Striking Techniques using all stances 2 minutes continuous
  - All Blocking Techniques using all stances 2 minutes continuous
- Basic Foot Techniques

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  - All Kicking Techniques using all stances 2 minutes continuous
- Sparring Test *(with Body Protector)*
  - One for One Kick Sparring - (*il dae il Kyorugi*)
  - Three Step Sparring (*se-bon Kyorugi*)
  - One Step Sparring (*il-bon Kyorugi*)
  - Free Sparring (*Kyorugi*)
- Kicking Test
  - Target Mitt Kicking - (Examiners Choice)
  - Destruction Test (One Hand, one kicking technique)
- Self Defence : Hoshinsool (Adults only)
  - Nine Step Set
- Taekwondo Theory
  - Students should understand the Korean for the basic blocks / strikes / stances / kicks on the Yellow Stripe and Yellow Belt syllabus
  - Recite the 5 Tenets of Taekwondo  
**EMPSI:** *Etiquette, Modesty, Perseverance, Self-Control, Indomitable Spirit*
  - Recite the Taekwondo Oath  
*I shall observe the tenets of Taekwondo.  
I shall respect the instructors and seniors.  
I shall never misuse Taekwondo.  
I shall stand for freedom and justice.  
I shall build a more peaceful world.*