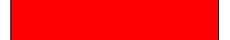


PHOENIX TAEKWONDO GRADING SYLLABUS



Grading from 2nd Kup Red Belt to 1st Kup Red Belt Black Stripe







see online including videos at: 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 <u>must</u> 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

All Striking Techniques using all stancesAll Blocking Techniques using all stances

2 minutes continuous 2 minutes continuous

Basic Foot Techniques

□ All Kicking Techniques using all stances

2 minutes continuous

Sparring Test (with Body Protector)

One for One Kick Sparring - (Three Step SparringOne Step Sparring

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Kicking Test

□ Free Sparring

- □ 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.