



PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 3rd Kup Blue Belt Red Stripe to 2nd Kup Red Belt



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)

- Student must demonstrate correct Tae Kwon Do Etiquette and Manner

- Pattern 6 – Taegeuk Yook-Jang

- Basic Hand Techniques

	Front Stance	Ap Kubi
☐ Upward Elbow Strike	<i>Eogool Palkop Chigi</i>	
☐ Circle Punch	<i>Gullgi Jirugi</i>	

	Back Stance	Dwit Kubi
☐ Double low Knife Hand Block	<i>Yang Sonnal Arae Makki</i>	
☐ C-shape Punch	<i>Dikootja jirugi</i>	
☐ Side Backfist Strike	<i>Yeop Deung Joomeuk Chigi</i>	
☐ Inside Block	<i>An Palmok Makki</i>	

- Basic Foot Techniques

	Fighting Stance	Kyorugi Seogi
☐ Reverse Crescent Kick	<i>Pandae Bandal Chagi</i>	
☐ Jumping Hook Kick	<i>Tweo Hooryo Chagi</i>	
☐ Flying Side Kick	<i>Tweo Yeop Chagi</i>	
☐ Reverse Side Kick	<i>Pandae Yeop Chagi</i>	

- Sparring Test

☐ One for One Kick Sparring	<i>il dae il Kyorugi</i>
☐ Free Sparring	<i>Kyorugi</i>
☐ One Step Sparring	<i>il-bon Kyorugi</i>

- Kicking Test

- ☐ Target Mitt Kicking - (All Jumping Kicks)
- ☐ Destruction Test (One Hand, One Kicking Technique)

- Self Defence : Hoshinsool (Adults only)

- ☐ Knife and Grab Defence (various techniques)

- Taekwondo Theory

English	Korean
Coloured Belt Grade	<i>Kup</i>
Black Belt Grade	<i>Dan</i>
Pattern	<i>Poomsae</i>
Relax Stance	<i>Shioh</i>
Destruction	<i>Kyokpa</i>

- Recite the 5 Tenets of Taekwondo

EMPSI: *Etiquette, Modesty, Perseverance, Self-Control, Indomitable Spirit*