



PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 4th Kup Blue Belt to 3rd Kup Blue Belt Red 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)

- Student must demonstrate correct Tae Kwon Do Etiquette and Manner

- Pattern 5 – Taegeuk Oh-Jang

- Basic Hand Techniques

Front Stance

Ap Kubi

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|--|--------------------------------|
| ☐ High X-Block | <i>Eogool Eotgallyeo Makki</i> |
| ☐ Outside Wedging Block | <i>Bakat Hechyo Makki</i> |
| ☐ Double Upset Punch | <i>Dwijubo jirugi</i> |
| ☐ Scissors Block | <i>Kawhi Makki</i> |

Cat Stance

Beom Seogi

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|--|--------------------------|
| ☐ Palm Heel Block | <i>Batangson Makki</i> |
| ☐ Double Knife Hand Block | <i>Yang Sonnal Makki</i> |

- Basic Foot Techniques

Fighting Stance

Kyorugi Seogi

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|---|---|
| ☐ Inner Crescent Kick | <i>Bandal Chagi</i> |
| ☐ Outer Crescent Kick | <i>Bandal Chagi</i> |
| ☐ Jumping Turning Kick | <i>Tweo Tollyo Chagi</i> |
| ☐ Jumping Back Kick | <i>Tweo Dwit Chagi</i> |
| ☐ Low Side Kick / Middle Side Kick | <i>Arae Yeop Chagi / Momtong Yeop Chagi</i> |

- Sparring Test

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|--|--------------------------|
| ☐ 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 Crescent Kicks)
- ☐ Destruction Test (Side Kick)

- Self Defence : Hoshinsool (Adults only)

- ☐ Simple Knife Defence (thrust and slash)

- Taekwondo Theory

English	Korean
Crescent Kick	<i>Bandal Chagi</i>
Cat Stance	<i>Beom Seogi</i>
Destruction	<i>Kyokpa</i>
Free Sparring	<i>Kyorugi</i>
Break/stop	<i>Kallyeo / Keuman</i>
Blue / Red	<i>Chung / Hong</i>