



PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 5th Kup Green Belt Blue Stripe to 4th Kup Blue 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 4 – Taegeuk Sa-Jang

- Basic Hand Techniques

	Front Stance	Ap Kubi
<input type="checkbox"/> Ridge Hand	<i>Deung Sonnal Chigi</i>	
<input type="checkbox"/> Low X-Block	<i>Arae Eotgallyeo Makki</i>	
	Back Stance	Dwit Kubi
<input type="checkbox"/> Punch / Reverse Low Block	<i>Momtong Jireugi / Baro Arae Makki</i>	
<input type="checkbox"/> Palm Heel Block	<i>Batangson Makki</i>	
	Back+Front Stance	Dwit + Ap Kubi
<input type="checkbox"/> Inner Block+Reverse Punch+Outer Knife Hand	<i>Momtong Makki+Baro Jireugi+Sonnal Chigi</i>	

- Basic Foot Techniques

	Fighting Stance	Kyorugi Seogi
<input type="checkbox"/> Front Leg Kicks	<i>Ap Bal Chagi</i>	
<input type="checkbox"/> Jumping Front Kick	<i>Tweo Ap Chagi</i>	
<input type="checkbox"/> Hook Kick	<i>Hooryo Chagi</i>	
<input type="checkbox"/> Jumping Back Kick	<i>Tweo Dwit Chagi</i>	

- Sparring Test

<input type="checkbox"/> One for One Kick Sparring	<i>il dae il Kyorugi</i>
<input type="checkbox"/> Three for Three Kick Sparring	<i>sam dae sam Kyorugi</i>
<input type="checkbox"/> Three Step Sparring	<i>Se-bon Kyorugi</i>

- Kicking Test

- ☐ Target Mitt Kicking - (Hook Kick)

- Self Defence : Hoshinsool (Adults only)

- ☐ Knife Defence (simple thrust continuous)

- Taekwondo Theory

English	Korean
Palm Heel Block	<i>Batangson Makki</i>
X-Block	<i>Eotgallyeo Makki</i>
Jumping Front Kick	<i>Tweo Ap Chagi</i>
Stop	<i>Keuman</i>
Return (to Junbi after Poomsae)	<i>Baro</i>