



PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 6th Kup Green Belt to 5th Kup Green Belt Blue 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 3 – Taegeuk Sam-Jang

- Basic Hand Techniques

	Front Stance	Ap Kubi
☐ Elbow Strike	<i>Palkop Chigi</i>	
☐ High Spear Hand	<i>Egool Pyon Son Keut Chigi</i>	
☐ Back Fist Strike	<i>Deung Joomeuk Chigi</i>	

	Back Stance	Dwit Kubi
☐ Back Fist Strike	<i>Deung Joomeuk Chigi</i>	

	Back+Front Stance	Dwit + Ap Kubi
☐ Outer Block+Reverse Punch + Knife Hand	<i>Bakat Makki + Baro Jireugi+sonnal chigi</i>	

- Basic Foot Techniques

	Fighting Stance	Kyorugi Seogi
☐ Step-up Turning Kick	<i>Ee Dan Tweo Tollyo Chagi</i>	
☐ Double Turning Kick	<i>Narae Tollyo Chagi</i>	
☐ Hook Kick	<i>Hooryo Chagi</i>	

- Sparring Test

☐ One for One Kick Sparring	<i>il dae il Kyorugi</i>
☐ Three for Three Kick Sparring	<i>sam dae sam Kyorugi</i>
☐ Three Step Sparring	<i>Se-bon Kyorugi</i>

- Kicking Test

- ☐ Target Mitt kicking - (Jumping Kicks)

- Self Defence : Hoshinsool (Adults only)

- ☐ Wrist Grab Defence (continuous)
- ☐ Knife Defence (simple thrust)

- Taekwondo Theory

English	Korean
Jumping Kick	<i>Tweo Chagi</i>
Back Fist	<i>Deung Joomeuk Chigi</i>
Elbow Strike	<i>Palkop Chigi</i>
Spear Hand	<i>Pyon Son Chigi</i>