



PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 7th Kup Yellow Belt Green Stripe to 6th Kup Green 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 2 – Taegeuk ii-Jang

- Basic Hand Techniques

	Front Stance	Ap Kubi
☐ Palm Heel Strike	<i>Batang son Chigi</i>	
☐ Spear Hand	<i>Pyon Son Keut Chigi</i>	
	Back Stance	Dwit Kubi
☐ Inner Knife Hand Strike	<i>Sonnal An Chigi</i>	
☐ Outer Knife Hand Strike	<i>Sonnal Bakat Chigi</i>	
☐ Double Knife Hand Block	<i>Yang Sonnal Momtong Makki</i>	
	Back+Front Stance	Dwit + Ap Kubi
☐ Inner Block + Reverse Punch	<i>Momtong An Makki + Baro Momtong Jireugi</i>	
☐ Outer Block + Reverse Punch	<i>Momtong Bakat Makki + Baro Momtong Jireugi</i>	

- Basic Foot Techniques

	Fighting Stance	Kyorugi Seogi
☐ Turning Kick + Reverse Turn Turning Kick	<i>Tollyo Chagi + Dwit-Dora Tollyo Chagi</i>	
☐ Turning Kick + Back Kick	<i>Tollyo Chagi + Dwit Chagi</i>	
☐ One Step Back Kick	<i>il-bon Dwit 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>Sebon Kyorugi</i>

- Kicking Test

- ☐ Target Mitt Kicking - (Combination Kicks)

- Self Defence : Hoshinsool (Adults only)

- ☐ Wrist Grabs and Front of Body Grab Defence

- Taekwondo Theory

English	Korean
Spear Hand	<i>Pyon Son Chigi</i>
Palm Heel Strike	<i>Batangson Chigi</i>
Reverse Punch	<i>Baro Jireugi</i>
(Inner) Knife Hand Strike	<i>Sonnal (An) Chigi</i>