



PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 8th Kup Yellow Belt to 7th Kup Yellow Belt Green 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 1 – Taegeuk Il-Jang

- Basic Hand Techniques

Front Stance	Ap Kubi
<input type="checkbox"/> Middle Block + Reverse Punch	Momtong Makki + Baro Jireugi
<input type="checkbox"/> High Block + Reverse High Punch	Eolgool Makki + Baro Eolgool Jireugi
<input type="checkbox"/> Outer Middle Block + Reverse Punch	Momtong Bakat Makki + Baro Jireugi
<input type="checkbox"/> Knife Hand Strike	Sonnal Chigi

Back Stance	Dwit Kubi
<input type="checkbox"/> Inner Middle Block	Momtong Makki
<input type="checkbox"/> Outer Middle Block	Momtong Bakat Makki

- Basic Foot Techniques

Fighting Stance	Kyorugi Seogi
<input type="checkbox"/> Slide Side Kick	Mikulgi Yeop Chagi
<input type="checkbox"/> Reverse Turn Turning Kick	Dwit-Dora Tollyo Chagi
<input type="checkbox"/> Back Kick	Dwit Chagi
<input type="checkbox"/> Step-up Front Kick	Ee Dan Twoe Ap Chagi

- Sparring Test

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

- Kicking Test

- ☐ Target Mitt Kicking - (Back Kick hitting the target + Slide in Kicks, etc)

- Self Defence : Hoshinsool (Adults only)

- ☐ Wrist Grab Defence (at least 2 techniques)

- Taekwondo Theory

English	Korean
Back Kick	Dwit Chagi
Back Stance	Dwit Kubi
Push Kick	Millyo Chagi
Chop Kick	Neryo Chagi
(Inner) Knife Hand Strike	Sonnal (An) Chigi

- What does Tae-Kwon-Do mean ?
- Count from 1 to 10 in Korean: Hana, Dool, Set, Net, Tasot, Yasot, Illop, Yaudal, Ahop, Yol