

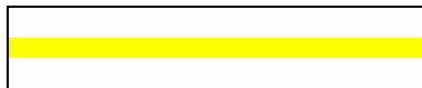


PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 9th Kup White Belt Yellow Stripe to 8th Kup Yellow 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 1 – Taegeuk Il-Jang

- Basic Hand Techniques

	Horse Riding Stance	Joochoom Seogi
<input type="checkbox"/> Middle Punch	Momtong Jireugi	
	Front Stance	Ap Kubi
<input type="checkbox"/> Double Punch	Doobon Momtong Jireugi	
<input type="checkbox"/> High Block	Eolgool Makki	
<input type="checkbox"/> Low Block	Arae Makki	
<input type="checkbox"/> Middle Block	Momtong An Makki	
<input type="checkbox"/> Outer Middle Block	Momtong Bakat Makki	

- Basic Foot Techniques

	Fighting Stance	Kyorugi Seogi
<input type="checkbox"/> Push Kick	Mireo Chagi	
<input type="checkbox"/> Chop Kick	Neryeo Chagi	
<input type="checkbox"/> Turning Kick	Tollyo Chagi	
<input type="checkbox"/> Side Kick	Yeop Chagi	

- Sparring Test

- ☐ One for One Sparring - (on the spot) *il dae il Kyorugi*

- Kicking Test

- ☐ Target Mitt Kicking - (Basic Kicks)

- Self Defence : Hoshinsool (Adults only)

- ☐ Wrist Grab Defence (1 technique)

- Taekwondo Theory

English	Korean
Middle Punch	Momtong Jireugi
Middle Block	Momtong Makki
High Block	Eolgool Makki
Low Block	Arae Makki
Turning Kick	Tollyo Chagi
Side Kick	Yeop Chagi