

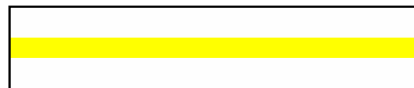
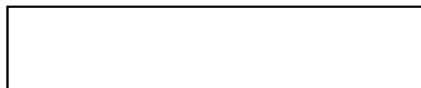


PHOENIX TAEKWONDO

GRADING SYLLABUS



Grading from 10th Kup White Belt to 9th Kup White Belt Yellow 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

- Basic Hand Techniques

Horse Riding Stance

Joochoom Seogi

- | | |
|---------------------------------------|------------------------|
| <input type="checkbox"/> Middle Punch | <i>Momtong Jireugi</i> |
| <input type="checkbox"/> High Block | <i>Eolgool Makki</i> |
| <input type="checkbox"/> Low Block | <i>Arae Makki</i> |
| <input type="checkbox"/> Middle Block | <i>Momtong Makki</i> |

Front Stance

Ap Kubi

- | | |
|---------------------------------------|------------------------|
| <input type="checkbox"/> Middle Punch | <i>Momtong Jireugi</i> |
|---------------------------------------|------------------------|

- Basic Foot Techniques

Fighting Stance

Kyorugi Seogi

- | | |
|---------------------------------------|---------------------|
| <input type="checkbox"/> Front Kick | <i>Ap Chagi</i> |
| <input type="checkbox"/> Push Kick | <i>Mireo Chagi</i> |
| <input type="checkbox"/> Turning Kick | <i>Tollyo Chagi</i> |

- Sparring Test

- | | |
|---|--------------------------|
| <input type="checkbox"/> One for One Sparring - (on the spot) | <i>il Dae il Kyorugi</i> |
|---|--------------------------|

- Kicking Test

- ☐ Target Mitt Kicking - (Basic Kicks)

- Taekwondo Theory

English	Korean
Attention	<i>Charyot</i>
Bow	<i>Kyungye</i>
Ready	<i>Junbi</i>
Begin	<i>Shijak</i>
one	<i>Hana</i>
two	<i>Dool</i>
three	<i>Set</i>
four	<i>Net</i>
Horse Riding Stance	<i>Joo-chom-Seogi</i>
Front Stance	<i>Ap Kubi</i>
Front Kick	<i>Ap Chagi</i>
Thank You	<i>Kam-sa-ham-ni-da</i>

- What country does Taekwondo come from?
- What is the name of your club?