



WHITE BELT - 10TH KUP

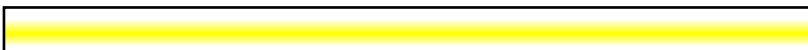
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| PATTERNS | |
|---|---|
| Sajo Jirugi 1,2,3 and 4 | |
| FLOOR WORK | |
| Sitting stance single punch x 10 Walking stance front punch x 10 Walking stance middle block x 10 Walking stance middle block reverse punch x 10 | |
| DRILLS | |
| One for one sparring high guard | Single punches static showing blocking skills |
| Prearranged 3 step | <ul style="list-style-type: none"> ▪ Both attacker and defender take an attention stance and exchange bows. ▪ The attacker moves forward and places his/her right foot to the outside of the defenders left foot and then pulls back to form a left footed walking stance with a low forearm block. ▪ The attacker then performs forward with an obverse middle punch. The defender steps back and performs a block. This is performed three times. ▪ Following the third punch, the defender will block the obverse middle punch and perform an attacking move middle section reverse punch with kiap. ▪ Both attacked and defender return to parallel ready stance and the whole process starts again with the defender now attacking and the attacker now defending <p>STEP2 Same as above, same attack however defender uses a rising block and counter attacks with a high section open palm strike. Keep repeating until told to stop.</p> |
| PAD ROUTINE | |
| Pad Routine 1 – two punches | |
| FITNESS | |
| 10 Press ups 10 Leg raises | |
| THEORY | |
| 5 Theory questions- 2 points each | |



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YELLOW TAG- 9TH KUP



| PATTERNS | |
|--|-------------------------|
| Chon-Ji | |
| FLOOR WORK | |
| Sitting stance fast motion punches Walking stance low block rising block Walking stance middle block reverse punch Front snap kick double punch | |
| DRILLS | |
| Pre-arranged 1&2 three step sparring | |
| One for one sparring with sparring kicks | Showing blocking skills |
| PAD ROUTINE | |
| Pad routine 2 | |
| FITNESS | |
| 20 Press ups 10 Side leg raises – each leg | |
| THEORY | |
| 5 Theory questions – 2 points each | |



YELLOW BELT – 8TH KUP

| PATTERNS | |
|--|---|
| Chon-Ji Dan Gun | |
| FLOOR WORK | |
| Side knifehand strike (Forwards) Knifehand guarding block (Backwards) Twin forearm block (Forwards) Inward outer forearm block (Backwards) (All techniques L Stance) | |
| DRILLS | |
| three step sparring any attack or defence | |
| One for one sparring | Hands and feet showing blocking skills. |
| PAD ROUTINE | |
| Pad routine 3 | |
| FITNESS | |
| Front splits | Demonstrate both sides holding for approx. 10 seconds. |
| 10 Sit ups | Knees bent feet flat on floor raising half way up only. |
| BREAKING | |
| Power on one side - Side kick, open fist or elbow. Board appropriate to grade. | |
| THEORY | |
| 5 Theory questions – 2 points each | |



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GREEN TAG BELT – 7TH KUP



| PATTERNS | |
|--|---|
| Chon-Ji Dan Gun Do San | |
| FLOOR WORK | |
| Front kick Side kick Turning kick Outer forearm wedging block (forwards) X Fist pressing block (backwards) Straight fingertip thrust (forwards) High outer forearm block (backwards) | |
| DRILLS | |
| three step sparring any attack and defence | |
| Sparring non-contact | “Right of way” controlled free sparring (no kit) To show blocking skills |
| PAD ROUTINE | |
| Pad routine 4 | |
| FITNESS | |
| Side splits | Positions 1 and 2 feet flat on floor and on back of heels. |
| 20 Sit ups | Knees bent feet flat on floor raising half way up only. |
| BREAKING | |
| Power on both sides left and right - Side kick, open fist or elbow Board appropriate to grade. | |
| THEORY | |
| 5 Theory Questions – 2 points each | |



GREEN BELT – 6TH KUP

| PATTERNS | |
|---|----------------------|
| Chon-ji Dan Gun Do San Won Hyo | |
| FLOOR WORK | |
| Front kick/turning kick Side kick/turing kick Side kick/back kick Turning kick/back kick | |
| DRILLS | |
| two step sparring any attack or defence | |
| Free sparring | With full safety kit |
| PAD ROUTINE | |
| Pad routine 5 | |
| FITNESS | |
| 20 Squat thrusts Demonstrate seated partner stretching for side splits | |
| BREAKING | |
| Power on both sides left and right - Side kick, open fist or elbow Four techniques two hand and two foot. Board appropriate to grade. | |
| THEORY | |
| 5 Theory Questions – 2 points each | |



BLUE TAG BELT – 5TH KUP



| PATTERNS | |
|--|----------------------|
| Chon-ji Dan Gun Do San Won Hyo Yul Gok | |
| FLOOR WORK | |
| X fist press block twin vertical punch (Forwards) Low block rising block reverse punch (Backwards) Hooking block hooking block obverse punch (Backwards) First three moves Won Hyo (Backwards) Bending stance side kick land knifehand guard (Forwards) Knifehand side strike in sitting stance (Backwards) | |
| DRILLS | |
| Two step sparring any attack or defence | |
| Free sparring | With full safety kit |
| PAD ROUTINE | |
| Pad routine 6 | |
| FITNESS | |
| 20 Star jumps – touch floor and jump Demonstrate partner stretch for front splits | |
| BREAKING | |
| Power on both sides left and right – Knifehand, turning kick and front kick in addition to side kick, open fist or elbow. Four techniques two hand and two foot. Board appropriate to grade. | |
| THEORY | |
| 5 Theory Questions – 2 points each | |



BLUE BELT – 4TH KUP

| PATTERNS | |
|--|----------------------|
| Chon-ji Dan Gun Do San Won Hyo Yul Gok Joong Gun | |
| FLOOR WORK | |
| Knifehand guarding block foot shift upward elbow (Forwards) Upward palm block (Backwards) Backfist strike release high punch (Backwards) Palm pressing block normal speed (Backwards) Downward kick / front kick lad forearm guard (Forwards) First three move of Won Hyo (Backwards) | |
| DRILLS | |
| One step prearranged punches only with sine wave using any appropriate counter. | |
| Free sparring | With full safety kit |
| PAD ROUTINE | |
| Pad routine 7 | |
| FITNESS | |
| 10 scissor splits Stretch seated forward back stretch chest stays in contact with thighs. | |
| BREAKING | |
| Power on both sides left and right – Knifehand, turning kick and front kick in addition to side kick, open fist or elbow. Four techniques two hand and two foot. Board appropriate to grade. | |
| THEORY | |
| 10 Theory Questions – 1 point each no half marks | |



RED TAG BELT – 3RD KUP

| PATTERNS | |
|---|----------------------|
| Chon-ji Dan Gun Do San Won Hyo Yul Gok Joong Gun Toi-Gye | |
| FLOOR WORK | |
| Walking Stance Low Upset Fingertip Trust Walking Stance Circular Block L-Stance Low Knifehand Guarding Block L-Stance Low Double Forearm Pushing Block Sitting Stance W-Shape Block Consecutive Axe Kick, Front Kick, Side Kick front landing Forearm Guard / L- Stance | |
| DRILLS | |
| Prearranged one step using middle punch with as blue belt with Sine wave. | |
| Free sparring | With full safety kit |
| PAD ROUTINE | |
| Pad routine 8 | |
| FITNESS | |
| 20 scissor splits Front splits and box splits – assess improvement made | |
| BREAKING | |
| Power on both sides left and right – Knifehand, turning kick and front kick in addition to side kick, open fist or elbow. Four techniques two hand and two foot. Board appropriate to grade. | |
| THEORY | |
| 10 Theory Questions – 1 point each no half marks | |



RED BELT – 2ND KUP

| PATTERNS | |
|--|----------------------|
| Chon-ji Dan Gun Do San Won Hyo Yul Gok Joong Gun Toi-Gye Hwa Rang | |
| FLOOR WORK | |
| Downward Knifehand Strike Vertical Stance Fixed Stance Side Punch Two High Section Turning kick alternate legs landing in Knife Guarding Block L-Stance Upset Punch Front Punch, Back foot forward, palm to forefist elbow at 45%, Middle Side Piercing kick land in L-Stance Knife (Forward) | |
| DRILLS | |
| Preattached “one for one” normal speed Three step Two step One step | |
| Free sparring | With full safety kit |
| PAD ROUTINE | |
| All of them in any order | |
| FITNESS | |
| 20 scissor splits 20 Star jumps – touch floor and jump 20 Squat thrusts Front splits and box splits Demonstrate stretching techniques Assess improvement made | |
| BREAKING | |
| Power on both sides left and right – Punches, reverse knife-hand, back kick, reverse turning kick, turning kick and front kick in addition to side kick, open fist or elbow. Four techniques two hand and two foot. Board appropriate to grade. | |
| THEORY | |
| 10 Theory Questions – 1 point each no half marks | |



BLACK TAG – 1st KUP

| PATTERNS | |
|--|----------------------|
| Chon-ji Dan Gun Do San Won Hyo Yul Gok Joong Gun Toi-Gye Hwa Rang Choong-Moo | |
| FLOOR WORK | |
| L-Stance Twin Upward Palm Block Walking Stance Front Reverse Knifehand Strike, Knife Hand Block Front Flying Kick landing in L-Stance Knifehand Strike Side X Knifehand Checking Block Twisting Kick land Knifehand Guarding Block L-Stance Turning Kick and Back Kick land Knifehand Guarding Block First 3 Moves Joong Gun | |
| DRILLS | |
| Prearranged “one for one” normal speed Three step Two step One step | |
| Free sparring | With full safety kit |
| PAD ROUTINE | |
| All of them in any order | |
| FITNESS | |
| 20 scissor splits 20 Star jumps – touch floor and jump 20 Squat thrusts Front splits and box splits Demonstrate stretching techniques Assess improvement made | |
| BREAKING | |
| Power on both sides left and right – Punches, reverse knife-hand, back kick, reverse turning kick, turning kick and front kick in addition to side kick, open fist or elbow. Four techniques two hand and two foot. Board appropriate to grade. | |



THEORY

10 Theory Questions – 1 point each no half marks