

KUP GRADING SYLLABUS & EXAMINATION GUIDE



STUDENT :

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GRADING EXAMINATION GUIDE

GRADING EXAMINATIONS ARE AN INTEGRAL PART OF THE STUDY OF TAEKWONDO AND THE PROGRESS OF THE TAEKWONDO STUDENT .

THE MAIN REASONS FOR THEIR EXISTENCE ARE :

- TO GAUGE A STUDENT'S PROGRESS AS THEY BECOME PROFICIENT IN VARIOUS ELEMENTS AND LEVELS OF TAEKWONDO.
- THEY ENCOURAGE STUDENTS TO SET THEMSELVES THEIR OWN INDIVIDUAL TARGETS AND WORK TOWARDS THEM WITHIN A SPECIFIED TIME FRAME.
- AS A STRUCTURED METHOD OF PROMOTION TO GIVE STUDENTS RECOGNITION FOR THE LEVEL OF SKILL THAT THEY HAVE ATTAINED, AND A SENSE OF ACHIEVEMENT AND IMPROVEMENT AS A RESULT OF THEIR STUDY AND PRACTICE.
- THEY PUT THE CANDIDATES UNDER A CERTAIN AMOUNT OF PRESSURE, AND TEACH THE STUDENT TO CONVERT NERVOUSNESS INTO ENERGY THAT WILL MAKE THEM PERFORM WITH A SPIRITED AND FOCUSED ATTITUDE . THIS WILL BECOME INCREASINGLY IMPORTANT IN THE LEAD UP TO A BLACK BELT GRADING . AND TO PREPARE THEM FOR ONE OF THE MOST STRESSFUL DAYS AND TESTING SITUATIONS THAT THEY WILL ENCOUNTER.

TIMES BETWEEN GRADINGS

THE MINIMUM TIMES BETWEEN KUP (COLOURED) BELT GRADINGS ARE AS FOLLOWS:

10TH - 9TH KUP / BEGINNER TO YELLOW TAGS = 2 MONTHS

9TH - 8TH KUP / YELLOW TAGS TO YELLOW BELT = 3 MONTHS

8TH - 7TH KUP / YELLOW BELT TO GREEN TAGS = 3 MONTHS

7TH - 6TH KUP / GREEN TAGS TO GREEN BELT = 3 MONTHS

6TH - 5TH KUP / GREEN BELT TO BLUE TAGS = 3 MONTHS

5TH - 4TH KUP / BLUE TAGS TO BLUE BELT = 3 MONTHS

4TH - 3RD KUP / BLUE BELT TO RED TAGS = 3 MONTHS

3RD - 2ND KUP / RED TAGS TO RED BELT = 3 MONTHS

2ND - 1ST KUP / RED BELT TO BLACK TAGS = 6 MONTHS

1ST KUP - 1ST DAN /BLACK TAGS TO 1ST DAN BLACK BELT = 6 MONTHS

THESE TIME SPANS REFLECT THE AMOUNT OF TRAINING AND STUDY REQUIRED BETWEEN THE DIFFERENT LEVELS OF TAEKWONDO .

GRADING RESULTS

EVERY TIME A STUDENT SITS A GRADING THERE ARE FOUR POSSIBLE RESULTS ;

1. DOUBLE PROMOTION - THIS IS THE TOP RESULT POSSIBLE .

A STUDENT WOULD HAVE TO SCORE OVER 90% AND TO HAVE COMPLETE KNOWLEDGE OF THE THEORY OF WHAT THEY HAVE JUST PERFORMED TO ACHIEVE THIS, THIS IS THEREFORE QUITE RARE.

2. 'A' PASS - THIS IS THE SECOND HIGHEST RESULT AND REQUIRES A SCORE BETWEEN 85-90% . IF THIS IS ACHIEVED THE MINIMUM TIME SPAN TO THE NEXT GRADING IS OVERLOOKED ; GIVING THE INSTRUCTOR THE DISCRETION TO ALLOW THE STUDENT TO SIT THE NEXT AVAILABLE GRADING.

3. PASS - THE MOST COMMON RESULT . STUDENTS THAT PERFORM WITH 100% EFFORT , HAVE REACHED A LEVEL OF PROFICIENCY BEYOND THEIR PRESENT GRADE , SHOW THAT THEY UNDERSTAND THE ELEMENTS INVOLVED AND SCORE OVER 55% WILL ACHIEVE A PASS.

4. FAIL - STUDENTS SCORING LESS THAN 55% WILL FAIL THE GRADING , THIS WILL BE FOR ONE OF THE FOLLOWING REASONS

(A) WEAKNESS IN FUNDAMENTAL MOVEMENTS OR TECHNIQUES ,

(B) THE REQUIRED PATTERNS ARE NOT PERFORMED TO AN ACCEPTABLE STANDARD

(C) NO MATTER HOW TALENTED OR 'NATURALLY GIFTED' A STUDENT IS, IF THEY PERFORM WITH ANY LESS THAN MAXIMUM EFFORT AND SPIRIT THEY WILL FAIL THE GRADING .

NOTIFICATION OF GRADINGS

NOTIFICATION OF A GRADING WILL BE GIVEN AT LEAST FOUR WEEKS IN ADVANCE , ALLOWING THE SELECTED STUDENTS TO WORK ON AND SEEK GUIDANCE ON ANY AREAS OF WEAKNESS OR UNCERTAINTY . AN INVITATION TO SIT A GRADING WILL BE AT THE INSTRUCTOR'S DISCRETION ,

PLEASE DON'T ASK TO SIT A GRADING OR DECLINE THE INVITATION

GRADING ELEMENTS

THE SYLLABUS IS DESIGNED TO INCORPORATE A WIDE RANGE OF TAEKWONDO TECHNIQUES . THESE WILL INCREASE IN DIFFICULTY AS THE GRADINGS WORK TOWARDS SENIOR GRADE LEVEL . THEY ARE COMPILED AS A STEP BY STEP PROGRESSION TO REACHING BLACK BELT LEVEL

THE ACTUAL GRADING IS SPLIT INTO DIFFERENT SECTIONS THERE WILL BE A MAXIMUM OF 200 POINTS AVAILABLE FOR THE GRADING AND THIS WILL BE CONVERTED INTO A PERCENTAGE FOR THE FINAL GRADING MARK , THEY ARE AS FOLLOWS :

1. PATTERNS ; THE MOST IMPORTANT ELEMENT IN THE GRADING , THERE WILL BE 110 POINTS (55%) OF THE TOTAL GRADING SCORE AVAILABLE FOR THIS SECTION . MARKS WILL BE AWARDED FOR CORRECT SEQUENCE OF MOVEMENTS, APPLICATION OF TECHNIQUE , POWER, FOCUS, BALANCE & FLUIDITY AND CONCENTRATION & SPIRIT.

2. BASIC TECHNIQUES ; THIS SECTION WILL ASSESS THE STUDENTS' ABILITY TO PERFORM THE TAEKWONDO FUNDAMENTALS, THESE ARE :

STANCES - A MAXIMUM OF 25 POINTS AVAILABLE ; 12.5% OF THE TOTAL GRADING

KICKS - 20 POINTS (10%) ~ ONLY 10 POINTS (5%) IF THE STUDENT IS ELIGIBLE FOR DESTRUCTION , THE OTHER 10 POINTS WILL BE AVAILABLE FOR THE DESTRUCTION SECTION.

STRIKES - 10 POINTS (5%)

BLOCKS - 10 POINTS (5%)

3. SPARRING ; DIFFERENT FORMS OF SPARRING WILL BE PERFORMED THESE ARE ; 3-STEP OR 1-STEP , SELF DEFENCE , 1 FOR 1 KICKING, 2 KICK COMBINATIONS AND FREE SPARRING . THERE WILL BE 25 POINTS (12.5%) AVAILABLE FOR THIS SECTION.

4. DESTRUCTION ; THIS SECTION IS COMPULSORY FOR STUDENTS OVER 18 YEARS OLD AND WHO ARE GRADING FOR 7TH KUP (GREEN TAGS) AND ABOVE . ACTUALLY BREAKING THE BOARD ALTHOUGH DESIRABLE , IS NOT A NECESSITY , THE MOST IMPORTANT THINGS ARE CORRECT APPLICATION OF THE TECHNIQUE, USING THE PROPER STRIKING POINT AND STRUCTURING THE 'WEAPON' PROPERLY. 10 POINTS ARE AVAILABLE , 5% OF THE GRADING TOTAL.

5. THEORY ; QUESTIONS MAY BE ASKED ON THEORY AND TERMINOLOGY, THE DIFFICULTY OF THESE WILL BE IN RELATION TO THE GRADE OF THE STUDENT. IF THIS SECTION OF THE GRADING IS FAILED; 10 POINTS WILL BE DEDUCTED FROM THE TOTAL SCORE. WHICH, IN TURN COULD RESULT IN AN OVERALL FAILURE. PERFORMANCE IN THIS SECTION WILL SHOW HOW MUCH INTEREST THE STUDENT ACTUALLY HAS IN THE STUDY OF TAEKWONDO!

SYLLABUS

FOR 9TH KUP - YELLOW TAGS

BASICS :

- 10 X SITTING STANCE, MIDDLE SECTION PUNCH
- 4 X FRONT STANCE, HIGH BLOCK
- 4 X FRONT STANCE, INWARD MIDDLE BLOCK
- 4 X FRONT STANCE, LOW BLOCK
- 4 X FRONT STANCE, MID SECTION PUNCH
- 4 X WALKING STANCE, MID SECTION REVERSE PUNCH
- 5 X WALKING READY STANCE, FRONT RAISING KICK (ON SPOT)
- 4 X FIGHTING STANCE, FRONT KICK
- 4 X FIGHTING STANCE, TURNING KICK
- 4 X FRONT KICK & TURNING KICK COMBINATIONS
- 10 X EACH LEG FRONT KICK TO PAD
- 10 X EACH LEG TURNING KICK TO PAD

SPARRING :

- 1 FOR 1 KICKING

THEORY :

- KNOWLEDGE OF KOREAN TERMS, BLOCKING AND STRIKING PARTS FOR ABOVE TECHNIQUES,
- MEANING OF WHITE COLOUR,
- TRANSLATION OF 'TAE KWON DO'
- TENETS OF TAEKWONDO .

STUDENT NOTES :

FOR 8TH KUP - YELLOW BELT

PATTERN :

- TAEGEUK 1 (IL JANG)

BASICS :

- 5 X SITTING STANCE, DOUBLE PUNCH - MID & HIGH SECTION
- 4 X FRONT STANCE, LOW BLOCK & MID PUNCH
- 4 X FRONT STANCE, INNER FOREARM BLOCK
- 4 X BACK STANCE, INWARD KNIFEHAND BLOCK
- 4 X FRONT KICK & HIGH SECTION PUNCH IN FRONT STANCE
- 4 X FIGHTING STANCE, AXE KICK
- 4 X FIGHTING STANCE, 45 DEGREE KICK
- 4 X FIGHTING STANCE, BACK KICK
- 4 X 45 DEGREE KICK & BACK KICK COMBINATION
- 5 X EACH LEG AXE KICK TO PAD
- 5 X EACH LEG 45 DEGREE KICK TO PAD
- 5 X BACK KICK EACH LEG TO PAD

SPARRING :

- THREE STEP SPARRING
- 1 FOR 1 KICKING
- NO CONTACT FREE SPARRING

THEORY:

- KOREAN TERMINOLOGY FOR BASICS,
- REASONS FOR THREE STEP SPARRING,
- MEANING OF YELLOW COLOUR,
- MEANING OF TAEGEUK 1.

STUDENT NOTES:

FOR 7TH KUP - GREEN TAGS

PATTERNS :

- TAEGEUK 2 (E JANG)
- TAEGEUK 1 (IL JANG)

BASICS :

- 10 X SITTING STANCE, HIGH BLOCK & MID SECTION PUNCH
- 4 X FRONT STANCE, OUTER FOREARM BLOCK
- 4 X BACK STANCE, OUTWARD KNIFEHAND BLOCK
- 4 X BACK STANCE, TWIN FOREARM GUARDING BLOCK
- 4 X FRONT STANCE, INWARD KNIFEHAND STRIKE
- 4 X SITTING STANCE, OUTWARD KNIFEHAND STRIKE
- 4 X BACK STANCE, TWIN FOREARM BLOCK SIDE KICK
- 4 X FRONT KICK DOUBLE PUNCH IN FRONT STANCE
- 4 X SIDE KICK & BACK KICK COMBINATION
- 10 X EACH LEG SIDE KICK TO PAD
- 5 X EACH LEG SKIPPING SIDE KICK TO PAD

SPARRING:

- THREE STEP, COUNTERS MUST CONTAIN KICKS AND STRIKES.
- 1 FOR 1 KICKING
- NO CONTACT FREE SPARRING

DESTRUCTION;

- MID SECTION FRONT ELBOW STRIKE.

THEORY :

- KOREAN TERMS FOR ABOVE TECHNIQUES,
- WEIGHT DISTRIBUTION OF STANCES,
- KNOWLEDGE OF TAEGEUK 2.

STUDENT NOTES :

FOR 6TH KUP - GREEN BELT

PATTERNS :

- TAEGEUK 3 (SAM JANG)
- TAEGEUK 2 (E JANG)
- TAEGEUK 1 (IL JANG)

BASICS :

- 4 X BACK STANCE, TWIN KNIFEHAND GUARDING BLOCK
- 4 X BACK STANCE, TWIN KNIFEHAND BLOCK, F/STANCE PUNCH
- 4 X FRONT STANCE, MID SECTION SPEARFINGER THRUST
- 4 X FRONT STANCE, FRONT BACKFIST STRIKE
- 4 X FIGHTING STANCE, INNER CRESCENT KICK
- 4 X FIGHTING STANCE, OUTER CRESCENT KICK
- 4 X FIGHTING STANCE, SKIP 45 DEGREE KICK
- 5 X EACH LEG INNER CRESCENT KICK TO PAD
- 5 X EACH LEG SKIP 45 DEGREE KICK TO PAD
- 5 X EACH LEG SKIP 45 DEGREE KICK & AXE KICK COMB. TO PAD

SPARRING :

- ONE STEP
- 1 FOR 1 KICKING
- 2 FOR 2 KICKING COMBINATIONS
- TOUCH CONTACT FREE SPARRING

DESTRUCTION :

- MID SECTION SIDE KICK

THEORY :

- KNOWLEDGE OF STRIKING PARTS OF FOOT AND HAND,
- KNOWLEDGE OF TAEGEUK 3,
- MEANING OF GREEN COLOUR.

STUDENT NOTES:

FOR 5TH KUP - BLUE TAGS

PATTERNS :

- TAEGEUK 4 (SAH JANG)
- TAEGEUK 3 (SAM JANG)
- STUDENT'S CHOICE (TAEGEUK 1 - 4)

BASICS :

- 4 X BACK STANCE, PRESSING BLOCK
- 4 X FRONT STANCE, HIGH SECTION PALM HEEL STRIKE
- 4 X FRONT STANCE, TURNING ELBOW STRIKE
- 4 X FRONT STANCE HIGH BLOCK FOLLOWED BY SIDE KICK SIDE PUNCH
- 4 X FIGHTING STANCE, SKIP AXE KICK
- 4 X FIGHTING STANCE, REVERSE TURNING KICK
- 5 X EACH LEG SKIPPING AXE KICK TO PAD
- 5 X EACH LEG REVERSE TURNING KICK TO PAD

SPARRING :

- ONE STEP
- SELF DEFENCE - 2 X RELEASES FROM WRIST GRABS
- 1 FOR 1 KICKING
- 2 FOR 2 KICKING COMBINATIONS
- TOUCH CONTACT FREE SPARRING

DESTRUCTION :

- TURNING KICK

THEORY :

- KNOWLEDGE OF TAEGEUK 4,
- KOREAN TERMS OF COMPETITION COMMANDS.

STUDENT NOTES:

FOR 4TH KUP - BLUE BELT (SENIOR KUP GRADE)

PATTERNS :

- TAEGEUK 5 (OH JANG)
- TAEGEUK 4 (SAH JANG)
- STUDENT'S CHOICE

BASICS :

- 4 X FRONT STANCE, HIGH SECTION KNIFEHAND TWISTING BLOCK
- 4 X FRONT STANCE, MID SECTION PALM BLOCK
- 4 X FRONT STANCE, FRONT ELBOW TARGET STRIKE
- 4 X BLOCK & STRIKE COMBINATION IN VARIED STANCES
- KICKING COMBINATIONS TO PARTNER
- 10 X SINGLE KICK COUNTER KICKS TO PARTNER
- 30 SECONDS REACTION KICKS TO PAD

SPARRING :

- ONE STEP - NO MEASURE UP
- SELF DEFENCE - 2 WRIST & 2 COLLAR RELEASES
- 1 FOR 1 KICKING (INCLUDE JUMPING KICKS)
- LIGHT CONTACT FREE SPARRING

DESTRUCTION :

- SKIPPING SIDE KICK
- 1 STEP BACK KICK

THEORY:

- KNOWLEDGE OF TAEGEUK 5
- MEANING OF BLUE COLOUR
- KOREAN COUNTING
- GENERAL COMMANDS AND TERMS

STUDENT NOTES:

FOR 3RD KUP - RED TAGS

PATTERNS :

- TAEGEUK 6 (RYUK JANG)
- TAEGEUK 5 (OH JANG)
- STUDENT'S CHOICE

BASICS :

- 4 X MIDDLE SECTION PALM BLOCK IN TIGER STANCE
- 4 X DOUBLE SCISSOR BLOCK IN FRONT STANCE
- 4 X FRONT STANCE OUTER FOREARM WEDGE BLOCK
- 4 X INNER CRES KICK & SITTING STANCE FRONT ELBOW STRIKE COMB.
- FREESTYLE HAND TECHNIQUE STRIKES, ALSO MOVING BACK
- KICKING COMBINATIONS TO PARTNER, INCLUDE STEPPING
- 10 X DOUBLE KICK COUNTER KICKS TO PARTNER
- 60 SECONDS REACTION KICKS TO PAD

SPARRING :

- ONE STEP - NO MEASURE UP
- SELF DEFENCE - RELEASE & COUNTER 2 X FRONT & 2 REAR GRABS
- 1 FOR 1 KICKING
- FREE SPARRING

DESTRUCTION :

- REVERSE TURNING KICK
- CHOICE OF JUMPING KICK

THEORY :

- KNOWLEDGE OF TAEGEUK 6
- KOREAN TERMS OF ALL STANCES

STUDENT NOTES:

FOR 2ND KUP - RED BELT

PATTERNS :

- TAEGEUK 7 (CHIL JANG)
- TAEGEUK 6 (RYUK JANG)
- EXAMINER'S CHOICE

BASICS :

- 4 X JUMPING FRONT KICK (SCISSOR ACTION)
- 4 X JUMPING TURNING KICK “ “
- 4 X TWIN KNIFE HAND GUARDING BLOCK IN TIGER STANCE
- 10 X HALF MOUNTAIN BLOCKS, FRONT STANCE IN PLACE
- 4 X SIMULTANEOUS BLOCK & STRIKE TECHNIQUES IN PLACE
- FREESTYLE BLOCKING TECHNIQUES FORWARD & BACKWARDS
- COUNTER KICKING AGAINST PARTNER STEPPING FORWARD
- 10 X EACH LEG JUMP KICKS TO PAD (EXAMINER'S CHOICE)

SPARRING :

- ONE STEP
- SELF DEFENCE - DEFEND AGAINST 5 GRABS AND STRIKES
- 1 FOR 1 KICKING (MOVING AROUND)
- FREE SPARRING

DESTRUCTION :

- CHOICE OF JUMP KICK
- TWO KICK COMBINATION

THEORY :

- KNOWLEDGE OF TAEGEUK 7
- MEANING OF RED COLOUR,
- THEORY OF POWER ,
- KOREAN NAMES OF ALL HAND, FOOT AND BODY PARTS.

STUDENT NOTES :

FOR 1ST KUP - BLACK TAGS

PATTERNS :

- TAEGEUK 8 (PAL JANG)
- TAEGEUK 7 (CHIL JANG)
- 2 x EXAMINER'S CHOICE

BASICS :

- 10 X TWIN KNIFE HAND GUARD - DOUBLE SIDE KICK
- 10 X ARC HAND STRIKE IN FRONT STANCE
- 10 X ASSISTED SIDE ELBOW STRIKE IN SITTING STANCE
- 10 X ARC HAND KNEE STRIKE IN FRONT STANCE
- HAND STRIKE COMBINATIONS MOVING FORWARD
- BLOCKING COMBINATIONS MOVING BACKWARDS
- MIXED ATTACKING AND BLOCKING COMBINATIONS
- MOVING BACK - COUNTER PARTNER'S KICK + 1 FOLLOW UP
- 10 X EACH LEG JUMP KICKS TO PAD (EXAMINER'S CHOICE)

SPARRING : WEARING PROTECTION

- ONE STEP
- FREE STYLE SELF DEFENCE
- 1 FOR 1 KICKING (MOVING AROUND)
- COMPETITION FREE SPARRING .

DESTRUCTION :

- TWO DIRECTIONAL BREAK
- TURNING ELBOW STRIKE
- (OPTIONAL) STUDENT'S CHOICE OF ONE HAND TECHNIQUE

THEORY :

- KNOWLEDGE OF TAEGEUK 8
- MEANING OF BLACK COLOUR,
- KOREAN NAMES OF ALL KICKS, STRIKES AND BLOCKS .
- A SEPARATE WRITTEN (OR ORAL) THEORY TEST WILL BE CONDUCTED BEFORE THE GRADING DATE

STUDENT NOTES: