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## **Kup Grading Syllabus for Dorset Taekwondo Association**

This syllabus is designed to produce a well-rounded Taekwondo player who is equally capable of all aspects of modern WTF Taekwondo to a high standard.

A student who successfully completes this course is worthy of taking the Dan grade test.

Outlined below are the minimum exercises for each test. The grading officer might ask you to do other exercises, or test your theoretical knowledge.

### 9<sup>th</sup> Kup (Yellow tag) test

Minimum hours / lessons attended = 8

1. 10 x Press ups (counting out loud on each technique)
2. Front rising kick from fighting stance. 10x left leg, 10x right leg
3. Sitting Stance, middle section punching 10x (counting out loud)
4. Moving forward 6x and backwards 6x, Walking stance, middle section punch (over leading leg)
5. Moving forward 6x and backwards 6x, Long stance, middle section punch (over leading leg)
6. Long stance moving backwards + inner forearm block middle section (over leading leg)
7. Long stance moving forward + inner forearm block + reverse punch
8. Moving forward – front kicking  
1 Step kicking exercise

### 8<sup>th</sup> Kup (Yellow belt) test

Minimum hours / lessons attended = 10

1. 20 x Press ups (counting out loud on each technique)
2. Outer Crescent kick from fighting stance 10x left leg, 10x right leg
3. Sitting Stance, Double middle section punching 10x (counting out loud)
4. Sitting Stance, Upper block x 8, Lower block x 8, Inner block x 8
5. Long stance moving forward lower block (6 x forward, turn, 6 x backwards)
6. Long stance moving forward upper block (6 x forward, turn, 6 x backwards)
7. Taegeuk 1 (Il jang, Heaven and Light, 18 moves, KEON)
8. 1 Step kicking exercise

### 7<sup>th</sup> Kup (Green tag) test

Minimum hours / lessons attended = 12

1. Inner Crescent, from fighting stance, 10x left leg, 10x right leg (foot down)
2. Long stance moving forward lower block, middle punch 6x forward, turn, 6x backwards
3. Long stance moving forward upper block, middle punch 6x forward, turn, 6x backwards
4. Moving forward turning kicks / front kicks / axe kicks (examiners choice)
5. 1 step sparring (right and left side attack) (First 3 hand defences ONLY)
6. 1 for 1 kicking
7. Taegeuk 1
8. Taegeuk 2 (Ye jang, joyfulness, 18 moves, TAE)

The test syllabus from Green belt onwards is based attending classes more than once a week. Whilst it is accepted that this is not possible for all students, it should not be assumed that without sufficient attendance you will be able to test every 3 months. As a general rule, from Green belt onwards only training once a week will make students eligible to test 6 monthly.



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6<sup>th</sup> Kup (Green Belt) test

Minimum hours / lessons attended = 16

1. Taegeuk 3 (Sam jang, Fire and sun, 20 moves, RI)
2. Taegeuk 2
3. Moving forward and backwards back stance double knife hand guarding block
4. Moving forward back stance outer block. Moving backwards inner block
5. 1 Step Sparring (right and left side attack) (first 5 ONLY)
6. Kicking Exercise – 1 step, and 3 Step Kicking exercise, with counter.
7. Moving forward side kicking / Step side kick
8. Power test, measure up and destruct side kick

Candidates for Blue tag and above need their own protective equipment

5<sup>th</sup> Kup (Blue tag) test

Minimum hours / lessons attended = 18

1. Taegeuk 4 (Sah jang, Thunder, 20 moves, JIN)
2. Taegeuk 3
3. skip turning kick;
4. slip backwards turning kick
5. 1 Step Sparring (right and left side alternate attack; basic 5 with some own variation permitted)
6. Kicking Exercise – 1 step, and 3 Step Kicking exercise, with counter.
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct turning kick

4<sup>th</sup> Kup (Blue Belt) test

Minimum hours / lessons attended = 18

1. Taegeuk 5 (Oh jang, Wind, 20 moves, SEON)
2. Taegeuk 4
3. Combination kicking - Side kick / back kick
4. Combination kicking - Skip turning kick / back kick
5. 1 Step Sparring (attack left and right, simple techniques with some leg attacks permitted – same technique each side)
6. Kicking Exercise – 1 step, and 3 Step Kicking exercise, with counter.
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct back kick



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3<sup>rd</sup> Kup (Red tag) test

Minimum hours / lessons attended = 20

1. Taegeuk 6 (Yuk jang, Water, 23 moves, GAM)
2. Taegeuk 5
3. Reverse turning kick; Reverse turning kick combinations.
4. 1 Step Sparring (freestyle i.e does not have to be same each side; hand & leg techniques can be used)
5. 1 Step Kicking exercise
6. 3 Step Kicking exercise, with counter
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct reverse turning kick

2<sup>nd</sup> Kup (Red Belt) test

Minimum hours / lessons attended = 24

1. Taegeuk 7 (Chil jang, Mountain, 25 moves, GAN)
2. Taegeuk 6
3. 1 Step Sparring (freestyle, hand and leg techniques; some locks and take downs)
4. 1 Step Kicking exercise
5. 3 Step Kicking exercise, with counter
6. Straight line kicking – examiners choice
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct side kick (2 boards)

1<sup>st</sup> Kup (Black tag) test

(6 month) Minimum hours / lessons attended = 40

1. Taegeuk 8 (Pal jang, Earth, 24 moves, GON)
2. Taegeuk 7
3. 1 Step Sparring (freestyle, hand and leg techniques; some locks and take downs must be demonstrated)
4. 1 Step Kicking exercise
5. 3 Step Kicking exercise, with counter
6. Straight line kicking – examiners choice
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct students choice, one hand and one leg technique



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### One Step Sparring - First Basic 5

The first 2 tests for one-step sparring use only these techniques. They will teach you the basic movements and an understanding of distance

- 1) Shift to the open side of the attacker into sitting Stance. Execute outer block and nearly simultaneously punch to face (just under nose) with other hand.
- 2) Shift to the open side of the attacker into sitting Stance. Execute outer block, and simultaneously do an inner knife hand strike to the neck.
- 3) Stepping to the closed side of your partner as they attack, into a sitting stance, outer block to cover the punching arm, then execute 3 punches – 2 to the body then 1 to the head.
- 4) Step forward to the open side into Long Stance with, outer block, and Elbow strike to the face
- 5) Step back into back stance and execute inner block. Step round backwards moving forward leg until you have your back to the opponent (you should end up in horse riding stance) then do an elbow strike upwards under the solar plexus.