

# XS Taekwon-do

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## Grading Syllabus for 10<sup>th</sup> Kup to 9<sup>th</sup> Kup

### White Belt to Yellow Tag

#### 1. Techniques

- 1.1 10 Press-ups - Flat hand up to 17 years old and over 40 years old
- 1.2 10 Single Punches - Sitting Stance
- 1.3 Middle Outer Forearm Block & Middle Punch - Walking Stance  
(Forward and back from feet together)

NB: Where applicable use counting

#### 2. Pattern

- 2.1 Four Direction Block - Pivoting feet with wave
- 2.2 Four Direction Punch - Pivoting feet with wave
- 2.3 Front Kick, Double Punch from a walking stance - forward & backward 4 times

#### 3. Sparring

- 3.1 Three Step Sparring - Footwork

#### 4. Destruction

- No destruction required

#### 5. Theory

- Korean Terminology required

- 5.1 Give the meaning of Taekwon-Do.
- 5.2 Name the tenets of Taekwon-Do.
- 5.3 Count to 10 in Korean.
- 5.4 Give the meaning of the belt colours.
- 5.5 Name all the blocks used at this grade.
- 5.6 Name all the stances used at this grade.
- 5.7 Name all the foot techniques used at this grade.
- 5.8 Name all the body parts used at this grade.
- 5.9 Name the sections of the body in Korean.

#### 6. Application of Technique

- 6.1 Releases from single front wrist grab (3)

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## KOREAN TECHNIQUES

White Belt to Yellow Tag  
(10<sup>th</sup> KUP to 9<sup>th</sup> KUP)

- Blocks used at Grading

<u>ENGLISH</u>	<u>KOREAN</u>
Middle Outer Forearm Block	Kaunde Bakat Palmok Makgi
Low Knifehand Block	Nojunde Sonkal Makgi
Middle Inner Forearm Block	Kaunde An Palmok Makgi
Low Outer Forearm Block	Nojunde Bakat Palmok Makgi

- Stances used at Grading

<u>ENGLISH</u>	<u>KOREAN</u>
Parallel Ready Stance	Narani Junbi Sogi
Attention	Charyots
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi

- Kicks used at Grading

<u>ENGLISH</u>	<u>KOREAN</u>
Front Kick	Ap Chagi

- Body Parts used at Grading

<u>ENGLISH</u>	<u>KOREAN</u>
Forefist	Ap Joomuk
Ball of Foot	Ap Kumchi
Outer Forearm	Bakat Palmok
Inner Forearm	An Palmok
Knifehand	Sonkal

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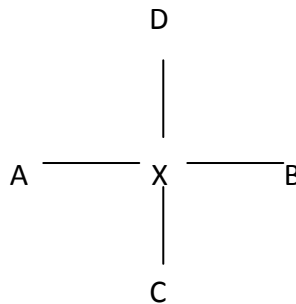
## FOUR DIRECTION PUNCH / FOUR DIRECTION BLOCK

### Definition

There is no definition for either of these "patterns", since they are not actual recognised patterns in Taekwon-Do. They are a set of basic movements (4-Directional Blocking / Punching) to enable the beginner to become familiar with some fundamental Taekwon-Do techniques.

Both sequences are performed clockwise and counter-clockwise.

### Diagram



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## **FOUR DIRECTION PUNCH (SAJU JURIGI)**

START: Parallel Ready Stance

1. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D, forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.

END: Bring the right foot back to a ready posture (Junbi)

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## **FOUR DIRECTION BLOCK (SAJU MAKGI)**

- 1 Move the right foot to C, forming a left walking stance toward D while executing a low block to D with the left knifehand.
- 2 Move the right foot to D, forming a right walking stance toward D while executing a middle side block to B with the right inner forearm.
- 3 Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left knifehand.
- 4 Move the right foot to B, forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
- 5 Move the right foot to D, forming a left walking stance toward C while executing a low block to C with the left knifehand.
- 6 Move the right foot to C, forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
- 7 Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left knifehand.
- 8 Move the right foot to A, forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.

END: Bring the right foot back to a ready posture (Junbi).