



Grading Syllabus

- Students should perform the majority of the techniques correctly.
- Power and accuracy are not essential.

9th Kup (Yellow Tag) Test:

- 1 10 x Press ups (counting out loud on each technique - with power).
- 2 Axe kick + double lower block in long stance. 10x left leg, 10x right leg.
- 3 Sitting stance, middle section punching 10x (counting out loud).
- 4 Long stance moving forward + middle section punch (over leading leg).
- 5 Long stance moving backwards + inner forearm block middle section (over leading leg).
- 6 Long stance moving forward + inner forearm block + reverse punch.
- 7 Four direction blocking in walking stance (lower block \ lower block).
- 8 Four direction blocking lower block walking stance \ long stance middle section block.

Terminology

English

Instructor
Uniform
Start
Stop
Return To Start
Turn Around
Training Hall
Belt
Attention
Bow
Ready
Thank You

Korean

Sabum (addressed as Sabum Nim)
Dobok
Shijak
Geuman
Baro
Dwiro dora
Dojang
Tee
Charyot
Kyongneh
Joonbi
Gamsahamnida