

KUP GRADING SYLLABUS



This grading syllabus is designed to prepare you for taking your staged promotion tests in Bristol Taekwondo School

Requirements

Please ensure you have read and met any time and training requirements specified for promotion testing

Workrate

Training and testing is not just a formality so please take it seriously and look to put in genuine effort at all times



The gradings comprise of eight patterns or Pomsae called Taegeuk. This refers to the source of all things in the universe and its continuous cycle of creation and destruction. Each of the eight patterns is represented by one of the eight trigrams of yin and yang. Pomsae is the most important element of gradings so be sure to practice them repeatedly.



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Gradings

A black belt is a white belt that never quit.

A black belt is not something you get, it is something you become

Purpose

To assess candidates suitability for promotion to the next grade levels.

To provide members the motivation to upgrade themselves.

To inform members where they stand in the ranking system

To allow their coaches to guide their students progressively and test the effectiveness of their teaching programs and methods

To provide a platform for the students to learn how to control their emotions energy and focus

To show the importance of goal-setting



Belt colours

Belt levels start at 10th Kup white belt up to 9th Dan black belt, going through yellow, green, blue and red then black

Belt levels



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Belt colours

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Belt meanings

There are several variations for what belts stand for, here is one

White stands for nothing
(Preparation)

Yellow signifies the earth
(Foundation)

Green represents the growing plants
(Development) Training and testing is not a formality so please take it seriously and look to put in genuine effort at all times

Blue is the colour of the sky towards which the plants grow into trees
(Progression)

Red stands for danger. It cautions the wearer to exercise control and warns opponents to stay away



Belt colours

Belt levels start at 10th Kup white belt up to 9th Dan black belt, going through yellow, green, blue and red then black

Black belt

Black which is a mixture of all the other colours, signifies maturity. It also reflects that the wearer is impervious to darkness which represents fear.

The black belt is also associated with expertise, probably because of history. In the past students wore only white belts, but after many years of training the belt turned dark with dirt sweat and blood.

A black belt means that one is starting or continuing a never-ending journey of discipline, work and pursuit of an even higher standard (Perpetual learning)

A black belt means that the wearer has persisted and overcome challenges, faced fears and realised that there is nothing to fear but fear itself. They have dealt with pain and disappointment and understand that they are not permanent, and learned enough to know that there is a lot more to learn



Belt tying

The Taekwondo belt is tied in a specific manner with the triangle shaped knot at the belly button.

Tying the belt

The Taekwondo belt is tied in a specific manner with the triangle shaped knot at the belly button, the open side of the knot on the left and the two ends of the belt hanging evenly.

Belt

Tying of the belt

Triangle shaped Knot

Knot at belly Button

Open side of knot on left

Both ends hang evenly

Significance

Getting ready

Coming together of various aims

Importance of the centre of gravity

Openness of the heart to learning

Importance of balance



Uniform

The Taekwondo uniform is referred to as a Dobok.

DOBOK

Is proud of the 'dobok' as it is a testament of his or her ability not only to acquire skills and wisdom through training but to also overcome self-limitation

Is given a sense of unity and affinity with the other members

Has a loyal companion in his or her physical and mental development



Stances

Taekwondo uses various stances throughout all training levels. Below is a list of the most common ones.

STANCES



Closed stance - Moa Seogi



Parallel Stance - Nero Seogi



Sitting Stance - Juchum Seogi



Walking Stance – Ap Seogi



Front or Long Stance – Ap Kubi



Back Stance – Dwit Kubi



Tiger Stance -Beom Seogi



Crane Stance – Hakdari Seogi



Cross Stance – Dwi kwa Seogi



Movements

Each Poomsae (or Pattern) has a number of movements

Number of movements

| Poomsae | Steps |
|-------------------|-------|
| Taegeuk-II-Jang | 18 |
| Taegeuk-Ee-Jang | 18 |
| Taegeuk-Sam-Jang | 20 |
| Taegeuk-Sa-Jang | 20 |
| Taegeuk-Oh-Jang | 20 |
| Taegeuk-Yuk-Jang | 19 |
| Taegeuk-Chil-Jang | 25 |
| Taegeuk-Pal-Jang | 27 |



Joonbi Seogi

Be ready for physical action and the journey of self-discovery

Joonbi Seogi

Joonbi Seogi is where standing inaction is action. It is a position performed to:

Get into a state of mental preparedness through slow breathing

Focus on the task ahead by blocking out distractions

Be ready for physical action and the journey of self-discovery

At the end of the poomsae, joonbi seogi is performed as a reminder

To conduct a self-review of the experience (how it feels when it is done well and what causes the mistakes) and the strengths and weaknesses of the performance.

To improve on performance by maintaining what is right and correcting existing flaws.



Bowing

Connotes respect, humility and recognition, standing at attention with feet together and fists clenched lightly by the side of the thighs

Bowing

Connotes respect, humility and recognition

Shows self-control and discipline

Signifies dependence on other individuals

Expresses an attitude of gratitude

The standing bow shall be performed by

standing at attention with feet together and fists clenched lightly by the side of the thighs



Step Sparring

Step sparring is pre-arranged moves that can be performed in one or three steps as the name denotes

Step Sparring

Step sparring is one form of pre-arranged sparring

Step sparring is normally 3-step and 1-step, which means the attacker will attack with a 1-step or a 3-step motion.

The opponents will face off, bow and come to Joonbi stance. One person will then step back with their right foot into Ap Kubi long stance, and perform a low block with Kihap (Shout).

The defender will then shout to acknowledge that they are ready to defend, at which point the attacker may attack, which initially will be a middle punch.

The defender should use an appropriate block or evasion and then perform a counter attack. For 3-step the attacks and defence will be performed 3 times.

Exactness of technique should be performed in stances, attack and defence techniques by both partners.

Recovering from the final position into Joonbi stance should be done in unison and controlled by both partners.



Assessment

There are numerous factors that an examiner will look for when grading candidates, some are basic and others more advanced

Grading Assessment

Stances

1. Feet in correct position
2. Rear leg straight in long stance
3. Back stance, hip/knee/ankle straight line
4. Correct foot alignment
5. Horse stance not too wide

Punches

1. Wrist not bent
2. Fist properly clenched
3. 2 knuckles
4. To correct target
5. Sufficient power
6. Strong Kihap

Blocks

1. Initiates from correct position
2. Finishes in correct distance from body
3. Correct height of the block
4. Correct part of body for the block i.e. outer forearm
5. Use of non-blocking arm for cover and counter reaction
6. Correct rotation of hips and wrist
7. Stopping at correct alignment
8. Sufficient power
9. Correct timing with stance movement

Kicks

1. Correct chamber
2. Pull back after kick before stepping down
3. Correct positioning of standing foot
4. Good balance
5. Hip extension
6. Correct target
7. Sufficient power
8. Adequate recovery i.e. from a spinning or rotating kick



WHITE BELT

There are 2 white belt stages, the beginning belt and white belt yellow stripe. Colour belt levels are referred to as Kup grades

9th KUP



Attention stance - **Charyot**

Bowing - **Kyung-Nye**

Middle punch - horse stance - **Momtong Chirugi - Juchoom Seogi**

Low Block - walking stance -- **Arae Makki - Ap Seogi**

High block walking stance- **Ogool Makki - Ap Seogi**

middle punch - walking stance - **Momtong Chirugi - Ap Seogi**

spread block - rising kick - long stance - **Hecho Makki - Apcha Oligi - Ap Kubi**

Front kick - spread block - long stance - **Ap Chagi - Hecho Makki -- Ap Kubi**

The emphasis at this first level is not on exactness of technique and power but rather showing a basic performance of the moves.

Closed stance - **Moa Seogi**

Parallel Stance - **Nero Seogi**

Sitting Stance - **Juchum Seogi**

Walking Stance – **Ap Sogi**

Front or Long Stance – **Ap Kubi**

Back Stance – **Dwit Kubi**

Tiger Stance - **Beom seogi**

Crane Stance – **Hakdari Seogi**

Cross Stance – **Dwi kwa Seogi**

1 - Hanna

2 - Dool

3 - Set

4 - Net

5 - Dasot

6 - Yosot

7 - Ilgop

8 - Yodol

9 - Ahop

10 - Yol

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YELLOW BELT

There are 2 yellow belt stages, solid colour yellow belt and yellow belt with green stripe.

8th KUP

Minimum time 16 sessions from last grading

Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**
middle punch - front stance - **Momtong Chiruggi - Ap kubi**
Low Block - front stance -- **Arae Makki - Ap kubi**
High block - front stance- **Ogool Makki - Ap kubi**
Inner forearm block - front stance - **momtong ahn palmok makki - Ap Kubi**
Front turning kick (on a paddle) - **Ap Dollyo Chagi**
Chopping kick (on a paddle) - **Naeryo Chagi**
3 Step Sparring - **Sebon Kyorugi**

Patterns (Poomsae) are introduced at this level. There are eight colour belt patterns which are called Taegeuk and have meanings that relate to the I-ching symbols. Each Taegeuk builds upon the previous one

Taegeuk Iljang

GUN



Meaning: Heaven

Philosophical Meaning: Representing the beginning (ex. Beginning of one's Taekwondo journey). Spirit of a solid foundation (base). This pattern is the beginning to performing basic techniques and starting to learn how to turn in different directions.

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YELLOW BELT

There are 2 yellow belt stages, solid colour yellow belt and yellow belt with green stripe.

This is for green stripe

7th KUP

Minimum time 17 sessions from last grading

- Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**
- Guarding block - back stance - **Momtong kodurio makki - dwit kubi**
- Middle inner block - back stance -- **Momtong bakat palmok makii - dwit kubi**
- Middle outer block - back stance -- **Momtong ahn palmok makki - dwit kubi**
- High knife hand block – Inner chop - **Jebi poom mok chigi**
- Front kick - guarding block - back stance - **Ap Chagi - kodurio makki - dwit kubi**
- Turning kick - guarding block - back stance - **Ap dollyo Chagi - kodurio makki - dwit kubi**
- Front kick - low block - reverse punch - front stance - **Ap Chagi - arae makki - bandae chirugi - dwit kubi**
- 3 Step sparring - **Sebon Kyurugi**

This pattern introduces more front kicks and combinations, building upon the previous pattern. You should perform this pattern with gentleness and power.

Taegeuk Ee Jang



TAE



Meaning: Lake/River and/or Joy

Philosophical Meaning: Signifies external gentleness and internal strength, therefore emphasizing serenity. Can also be viewed as a pattern of uplifting nature such as bubbles flowing to the surface of a lake. This pattern trains the student in successive moves and builds on basics..

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GREEN BELT

There are Green belt stages, solid colour green belt and green belt with blue stripe.

This is for green belt

6th KUP

Minimum time 17 sessions from last grading

Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**
 Single knife hand block - back stance - **Han sonnall makki - dwit kubi**
 Doubleknife hand block - back stance -- **Sonnall makii - dwit kubi**
 Reverse palm block - straight finger strike - front stance -- **Nullo makki - pyonsonkeut - dwit kubi**
 Side Kick – Guarding block - back stance- **Yop Chagi - Kodurio makki - dwit kubi**
 Back Kick – Guarding block - back stance- **Dwi Chagi - Kodurio makki - dwit kubi**
 Front kick - side kick - back kick - back stance - **Ap cchagi - yop chagi - dwi chage - dwit kubi**
 1 Step Sparring - **Hanbon kyorugi**
 Breaking front kick - **Gyukpa - Ap Chagi**

This pattern iis the last stage of initiatory training. and learn to move your body ina stable manner and engage in more harmonious movement.

Taegeuk Sam Jang

YI



Meaning: Fire and Sun

Philosophical Meaning: Representing passion and excitement. Therefore, the more effort you exert the more your enthusiasm burns, hence the symbolic meaning of fire or sun such as the saying suggests, to “burn bright as the sun”. This pattern also symbolizes that at this stage of your Taekwondo training you have developed internal and physical strength.

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GREEN BELT

There are 2 Green belt stages, solid colour green belt and green belt with blue stripe.

This is for green belt blue stripe

5th KUP

Minimum time 18 sessions from last grading

Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**
 Assisted Outer Block - back stance - **Momtong kodurio makki - dwit kubi**
 Rising Elbow – reverse elbow - front stance - **Palkup apchigi - palkup dollychigi**
 Switching kick - back stance - **Dollyo Chagi - dwit kubi**
 Sliding side kick - back stance - **Yop Chagi - dwit kubi**
 6 x 1 Step sparring (include takedowns)- **Hanbon Kyurugi**
 5 x Self-Defence- **Hosinsul**
 Breaking - knfe hand chop + Side kick - **Gyukpa - Sonnal mock chiki + Yop Chagi**

This pattern is an intermediary stage poomsae and is the beginning of really starting to learn the basics of Taekwondo. This pattern includes sucessive kicks and body twisting movements.

Taegeuk Sa Jang

JIN



Meaning: Thunder

Philosophical Meaning: Representing undeniable power and dignity. Emphasizing courage in the face of danger and fear. The symbolic meaning of thunder is that thunder represents the hardships, trials and tribulations in life that an individual must have the courage to face in order to grow as a human being. Hence, if one has the courage to face the thunder (thunderstorm), he/she will come out a stronger and better person once the thunderstorm passes.

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BLUE BELT

There are 2 blue belt stages, solid colour blue belt and blue belt with red stripe.

This is for blue belt

4th KUP

Minimum time 20 sessions from last grading

Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**
Low X Block -Front stance - **Utgeoro Arae makki - Apkubi**
Front Kick – Back Fist - Cross stance - **Ap Chagi - Dungjumok - Koasogi**
360 back kick - **Dwi Chagi**
Combination kicks - **Examiners choice**
6 x 1 Step sparring (include takedowns)- **Hanbon Kyurugi**
6 x Self-Defence- **Hosinsul including locks**
Light sparring in armour - **Kyorugi**
Breaking - Jumping front kick - **Gyukpa - Twieo Apchagi**

This pattern emphasises techniques of self-defence rather than athletic function

Taegeuk Oh Jang



SON



Meaning: Wind

Philosophical Meaning: It is sometimes gentle, sometimes forceful, yielding and penetrating, soothing and destructive, invisible, yet manifesting". Wind represents that Taekwondo practitioner can represent all the traits listed above. An example would be the trait of gentleness. A Taekwondo practitioner can be seen as gentle as a breeze..

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BLUE BELT

There are 2 blue belt stages, solid colour blue belt and blue belt with red stripe.

This is for blue belt red stripe

3rd KUP

Minimum time 20 sessions from last grading

- Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**
- Combination blocks and kicks - **Examiners choice**
- Inner & Outer Crescent kick - **An Pyojok Chagi - Bakkat Pyojok Chagi**
- Combination kicks - **Examiners choice**
- 6 x 1 Step sparring (include takedowns)- **Hanbon Kyurugi**
- 3 x Knife-Defence- **Hosinsul**
- Light competition sparring in armour - **Kyorugi**
- Breaking - Elbow plus kick of choice- **Gyukpa - Palkup**

This pattern is the final stage of the intermediate level and is characterised by a smooth and flexible connection when performing moves in succession or changing direction

Taegeuk Yuk Jang

坎

GAM



Meaning: Water

Water symbolizes a constant flow. Where one is able to meet the difficulties of life, overcome them and then able to keep on moving forward. As Bruce Lee stated, "keep on flowing" and simply "walk on", both quotes figuratively meaning to keep on moving forward in life

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RED BELT

There are 2 red belt stages, solid colour red belt and red belt with black stripe.

This is for red belt

2nd KUP

Minimum time 20 sessions from last grading

Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**

Back leg Hook Kick - **Dwi Huryeo Chagi**

Combination kicks - **Examiners choice**

8 x 1 Step sparring (include takedowns)- **Hanbon Kyurugi**

5 x Knife-Defence- **Hosinsul including locks**

2 Versus 1 sparring- **Kyorugi**

medium contact sparring in armour - **Kyorugi**

Breaking - Student choice - **Gyukpa**

This pattern embodies the meaning of mass and firmness

Taegeuk Chil Jang



GAN



Meaning: Mountain

Although there are many meanings for the mountain analogy related to this pattern, the most notable analogy is the difficulties that one faces when climbing to the top of a mountain just as one faces obstacles and challenges when trying to achieve their goals; things may get difficult but you must have the ability to persevere (one of the tenets of Taekwondo) to achieve your goals in life.

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RED BELT

There are 2 red belt stages, solid colour red belt and red belt with black stripe.

This is for red belt black stripe

1st KUP

Minimum time 20 sessions from last grading

Middle punch - horse stance - **Momtong Chiruggi - Juchoom Seogi**

Front leg hook Kick - **Ap Huryeo Chagi**

2 minutes intense paddle work - **Fitness-speed-distance-accuracy**

5 x 1 Step sparring (include takedowns)- **Hanbon Kyurugi**

5 x Self-Defence- **Hosinsul**

1 x 2 minute Medium contact sparring in armour - **Kyorugi**

Breaking - stamp brick - **Gyukpa**

This pattern summarises the basics and represents mature techniques of Taekwondo

Taegeuk Pal Jang

坤

GON



Meaning: Earth

Earth in this pattern represents that "Earth is the foundation of growth for all life and the place to which all life returns" or in other words, the ending of one journey and the beginning of another.

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