

2012

Chung Yong Taekwondo

Kup Grade Syllabus

This document outlines the basic requirements for students to progress from white belt to red belt – black tag. An exam to prove a student's proficiency should be undertaken at each grade.

Dean Gibbs
Chung Yong Taekwondo
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Introduction

The following pages outline the minimum requirements for student to progress from White Belt to Red Belt Black Tag whilst grading with Chung Yong Taekwondo from March 2012. The syllabus is a combination of the BTCB syllabus and the Chung Yong Taekwondo syllabus.

Upon successful completion of this syllabus a student should be fully competent in the basics of WTF Taekwondo and with a further 6 months training should be ready to take a BTCB 1st Dan Grading.

The training offered at each of Chung Yong's classes may vary depending on each instructor's personal preferences. The aim of this is to allow students to find a class that best suits them or allow students to benefit from each instructor's varying experiences.

However, as all students will work to the same grading criteria it is expected that a consistent high standard will be maintained throughout Chung Yong Taekwondo.

10 Kup to 9 Kup - White Belt to White Belt Yellow Tag (20 Lessons & 3 Months)

Patterns/Kiboms

- Kibom Sohn il In own time.

Stances

- Attention All 6 demonstrated in order by moving the left foot and pivoting on the right foot.
- Ready (Repeated with right foot)
- Horse riding
- Walking
- Back
- Long

Blocks

- High Block Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Middle Block Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Low Block Moving forwards 6 times and backward 6 times in long stance, count out loud.

Strikes

- Single Punch From horse riding stance, 10 times, mid section, count out loud.
- Double Punch From horse riding stance, 10 times, mid section, count out loud.

Kicks

- Front Leg Raising From Long Stance Kicking exercise position, 10 each leg, count out loud.
- Front Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.
- Half Turning Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.
- Turning Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.

Sparring

- One for one kicking With partner using both legs and a range of kicks.
- Free Sparring With partner showing basic attacking and counterattacking movement.
(Non contact, body armour not required)

Breaking

- Front Kick One board held at mid section. Age 10 and under may demonstrate on a pad.

Theory

- Taekwondo:
- Translations:
- Vital Spots:

9 Kup to 8 Kup - White Belt Yellow Tag to Yellow Belt (20 Lessons & 3 Months)

Patterns/Kiboms

- Kibom Sohn il In own time.
- Tae Geuk il Jang In own time.

Stances

- Attention All 6 demonstrated in order by moving the left foot and pivoting on the right foot.
- Ready (Repeated with right foot)
- Horse riding
- Walking
- Back
- Long

Blocks

- High Block + Punch Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Middle Block + Punch Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Outer Block + Punch Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Low Block + Punch Moving forwards 6 times and backward 6 times in long stance, count out loud.

Strikes

- Double Punch Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Single Knife Hand Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Elbow Moving forwards 6 times and backward 6 times in long stance, count out loud.

Kicks

- Side Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.
- Pushing Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.
- Inner Crescent Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.
- Outer Crescent Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.

Sparring

- One for one kicking With partner using both legs and a range of kicks.
- Free Sparring With partner showing basic attacking and counterattacking movement.
(Non contact, body armour not required)

Breaking

- Side Kick One board held at mid section. Age 10 and under may demonstrate on a pad.
- Elbow One board held at mid section. Age 10 and under may demonstrate on a pad.

Theory

- Taekwondo:
- Translations:
- Vital Spots:

8 Kup to 7 Kup - Yellow Belt to Yellow Belt Green Tag (20 Lessons & 3 Months)

Patterns/Kiboms

- Kibom Sohn Ee In own time.
- Tae Geuk il Jang In own time.
- Tae Geuk Ee Jang In own time.

Stances

- Attention All 6 demonstrated in order by moving the left foot and pivoting on the right foot.
- Ready (Repeated with right foot)
- Horse riding
- Walking
- Back
- Long

Blocks

- Cross low Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Cross High Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Twin Knife Hand Middle Moving forwards 6 times and backward 6 times in back stance, count out loud.
- Twin Knife Hand Low Moving forwards 6 times and backward 6 times in back stance, count out loud.

Strikes

- Spear finger thrust Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Back fist strike to front Moving forwards 6 times and backward 6 times in long stance, count out loud.

Kicks

- Skipping Half Turning Kick From Long Stance Kicking exercise position, 10 each leg, count out loud.
- Back Kick From back Stance guard and block, 10 each leg, count out loud.

Sparring

- One for one kicking With partner using both legs and a range of kicks.
- Free Sparring With partner showing basic attacking and counterattacking movement. (Non contact, body armour not required)

Breaking

- Turning Kick One board held at mid section. Age 10 and under may demonstrate on a pad.

Theory

- Taekwondo:
- Translations:
- Vital Spots:

7 Kup to 6 Kup - Yellow Belt Green Tag to Green Belt (30 Lessons & 3 Months)

Patterns/Kiboms

- Kibom Aree il In own time.
- Tae Geuk il Jang In own time.
- Tae Geuk Ee Jang In own time.
- Tae Geuk Sam Jang In own time.

Stances

- Attention All 6 demonstrated in order by moving the left foot and pivoting on the right foot.
- Ready (Repeated with right foot)
- Horse riding
- Walking
- Back
- Long

Blocks

- Single Knife Hand Middle + punch Moving forwards 6 times and backward 6 times in long stance, changing to back stance, count out loud.
- Palm heel middle Moving forwards 6 times and backward 6 times in back stance, count out loud.

Strikes

- Palm Heel Moving forwards 6 times and backward 6 times in long stance, count out loud.
- Spinning back fist Moving forwards 6 times and backward 6 times in long stance, count out loud.

Kicks

- Scissor turning kick From back Stance guard and block, 10 each leg, moving forwards, count out loud.
- Reverse hook kick From back Stance guard and block, 10 each leg, count out loud.

Sparring

- One for one kicking With partner using both legs and a range of kicks.
- Free Sparring With partner showing attacking and counterattacking movement.

Breaking

- Turning Kick One board held at mid section. Age 10 and under may demonstrate on a pad.
- Back fist One board held at mid section. Age 10 and under may demonstrate on a pad.

Theory

- Taekwondo:
- Translations:
- Vital Spots:

6 Kup to 5 Kup - Green Belt to Green Belt Blue Tag (30 Lessons & 3 Months)

Patterns/Kiboms

- Kibom Aree Ee In own time.
- Tae Geuk Sah Jang In own time.
- Any 2 previous patterns In own time.

Stances

- Crane Demonstrated on request
- Tiger Demonstrated on request
- As previous Demonstrated on request

Blocks

- Inner forearm wedge block Moving forwards 6 times and backward 6 times in back stance, count out loud.
- Outer forearm wedge block Moving forwards 6 times and backward 6 times in back stance, count out loud.

Strikes

- Hammer fist Moving forwards 6 times and backward 6 times in back stance, count out loud.
- As previous Demonstrated on request

Kicks

- 360° turning kick From back Stance guard and block, 10 each leg, count out loud.
- Hook Kick From back Stance guard and block, 10 each leg, count out loud.
- Axe Kick From back Stance guard and block, 10 each leg, count out loud.

Sparring

- One for one kicking With partner using both legs and a range of kicks.
- Two Step Sparring (No.1 to 3) With partner showing real speed attack and defence.
- Free Sparring With partner showing attacking and counterattacking movement.

Breaking

- Back Kick One board held at mid section. Age 10 and under may demonstrate on a pad.
- Knife hand One board held at mid section. Age 10 and under may demonstrate on a pad.

Theory

- Taekwondo:
- Translations:
- Vital Spots:

5 Kup to 4 Kup - Green Belt Blue Tag to Blue Belt (60 Lessons & 6 Months)

Patterns/Kiboms

- Kibom Sohn Sam In own time.
- Tae Geuk Oh Jang In own time.
- Any 2 previous patterns In own time.

Stances

- Cross stance Demonstrated on request
- Left/Right Stance Demonstrated on request

Blocks

- Blocking combination A combination of blocks using the same arm. Moving forwards 6 times and backward 6 times, count out loud.
- As previous Demonstrated on request

Strikes

- Ridge hand Moving forwards 6 times and backward 6 times in long stance, count out loud.
- As previous Demonstrated on request

Kicks

- 360° Inner crescent kick From back Stance guard and block, 10 each leg, count out loud.
- 360° Outer crescent kick From back Stance guard and block, 10 each leg, count out loud.
- Jumping front kick From back Stance guard and block, 10 each leg, count out loud.
- Jumping turning kick From back Stance guard and block, 10 each leg, count out loud.
- As previous Demonstrated on request

Sparring

- One for one kicking (Including jumping kicks) With partner using both legs and a range of kicks.
- Two Step Sparring (No.1 to 3) With partner showing real speed attack and defence.
- Free Sparring With partner showing attacking and counterattacking movement.

Breaking

- Jumping front Kick One board held at mid section. Age 10 and under may demonstrate on a pad.
- Reverse hook kick One board held at mid section. Age 10 and under may demonstrate on a pad.
- Front punch One board held at mid section. Age 10 and under may demonstrate on a pad.

Theory

- Taekwondo:
- Translations:
- Vital Spots:

4 Kup to 3 Kup - Blue Belt to Blue Belt Red Tag (60 Lessons & 6 Months)

Patterns/Kiboms

- Kibom Aree Sam In own time.
- Tae Geuk Yook Jang In own time.
- Pattern of choice In own time.

Stances

- As previous Demonstrated on request

Blocks

- Scissor block Moving forwards 6 times and backward 6 times in long stance, count out loud.
- As previous Demonstrated on request

Strikes

- As previous Demonstrated on request

Kicks

- Jumping back kick From back Stance guard and block, 10 each leg, count out loud.
- As previous Demonstrated on request

Sparring

- One for one kicking (Including jumping kicks) With partner using both legs and a range of kicks.
- One Step Sparring With partner showing real speed attack and defence.
- Free Sparring Against multiple partners showing attacking and counterattacking movement.
- Self Defence Against various grabs

Breaking

- Ridge hand One board held at mid section. Age 10 and under may demonstrate on a pad.
- Jumping kick of choice One board held at high section. Age 10 and under may demonstrate on a pad.

Theory

- Taekwondo:
- Translations:
- Vital Spots:

3 Kup to 2 Kup - Blue Belt Red Tag to Red Belt (70 Lessons & 6 Months)

Patterns/Kiboms

- Tae Geuk Chil Jang In own time.
- All previous patterns In own time.

Stances

- As previous Demonstrated on request

Blocks

- As previous Demonstrated on request

Strikes

- As previous Demonstrated on request

Kicks

- Jumping reverse hook kick From back Stance guard and block, 10 each leg, count out loud.
- As previous Demonstrated on request

Sparring

- One for one kicking (Including jumping kicks) With partner using both legs and a range of kicks.
- One Step Sparring With partner showing real speed attack and defence.
- Free Sparring Against multiple partners showing attacking and counterattacking movement.
- Self Defence Against various grabs

Breaking

- Combination of breaks Demonstrated on request
- 10 tiles, downwards punch Demonstrated on request

Theory

- Taekwondo:
- Translations:
- Vital Spots:

2 Kup to 1 Kup - Red Belt to Red Belt Black Tag (70 Lessons & 6 Months)

Patterns/Kiboms

- Tae Geuk Pal Jang In own time.
- All previous patterns In own time.

Stances

- As previous Demonstrated on request

Blocks

- As previous Demonstrated on request

Strikes

- As previous Demonstrated on request

Kicks

- As previous Demonstrated on request

Sparring

- One for one kicking (Including jumping kicks) With partner using both legs and a range of kicks.
- One Step Sparring With partner showing real speed attack and defence.
- Free Sparring Against multiple partners showing attacking and counterattacking movement.
- Self Defence Against various grabs

Breaking

- As previous Demonstrated on request
- Knife hand to brick Demonstrated on request

Theory

- Taekwondo:
- Translations:
- Vital Spots: