

1st Kup Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

Practical:

Combinations in line from Patterns

Colour belt pattern of your choice, excluding Choong Moo

Pattern - of grading examiners choice

Pattern – Choong Moo

3 Step Sparring

2 Step Sparring

1 Step Sparring (advanced)

Free Sparring

Theory: Hand Parts

Foot Parts

Korean

Checking block | Momchau makgi

Double arc hand block | Doo bandalson makgi

Downward block | Naeryo makgi

Flat fingertip thrust | Opun sonkut tulgi

One leg stance | Wae bal sogi

Overhead kick | Twio nomo chagi

Reverse knifehand | Sonkal dung

Side fist | Yop joomuk

Stamping kick | Cha bapgi

Sweeping kick | Goro chagi