

2nd 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
Patterns - of grading examiners choice
Pattern – Hwa-Rang
3 Step Sparring
2 Step Sparring
1 Step Sparring (advanced)
Padwork
Free Sparring

One Step Sparring (ILBO MATSOKI)

Both attacker and defender start in parallel ready position, attacker step forward with right leg into walking stance and punches with right hand. On the second occasion, the same attacker steps forward, but with left leg and left hand punching.

Red belts are expected to develop their own techniques on one step sparring using the following guidelines.

These are not in any set order!

1. Hand only.
2. Foot only.
3. Hand and foot.
4. Foot and hand.
5. Jumping.
6. Lock and restraint.

PAD WORK

Sparring Routine

Approximately 1 minute of hand combinations against two pads followed by 1 minute of foot techniques against two pads.

Theory:

What is 3 step sparring

Three step sparring is designed for the beginner to learn the basic techniques. It teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

Korean

Closed Ready Stance 'C' | Moa chunbi Sogi 'C'

Fingertips | Sonkut

Flying high kick | Twimyo nopi chagi

Inside | An

Instep | Baldung

Outside | Bakat

Pushing Block | Miro Makgi

Reverse footsword | Baldal dung

Sweeping block | Hullyo makgi

Twin foot kick | Sang bal chagi

Twisting kick | Bituro chagi

Upward Punch | Ollyo Jirugi

Vertical kick | Sewo chagi