

4th Kup Grading Revision Sheet

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

Practical:

Pattern – of the students choice excluding Joong-Gun

Pattern – of the grading examiners choice

Pattern – Joong-Gun

2 Step Sparring - Numbers 5,6,7 & 8

3 Step Semi-Free Sparring (advanced)

Padwork

Free Sparring

TWO STEP SPARRING (IBO MATSOKI)

Attacker starts right leg back, forearm guarding block.

Defence starts in parallel ready stance.

5. Attack = Right back kick, left walking stance, high palm strike.

Defence = Right L stance, palm waist block, left L stance, inward outer forearm block.

Counter = Right walking stance, left reverse knifehand, middle inward strike (slipping right foot).

6. Attack = Right high turning kick, left walking stance arc-hand strike.

Defence = Sitting stance twin straight forearm block (moving left foot diagonally), right L stance palm hooking block (grabbing the arm).

Counter = Left side kick (still holding grabbed arm).

7. Attack = Right fixed stance, side fist side strike, left middle reverse turning kick.

Defence = Left L stance, twin forearm block, right L stance knifehand guarding block (sliding away using block as guard only).

Counter = Right high reverse turning kick.

8. Attack = Right middle side kick, right L stance, knifehand high strike (turning clockwise).

Defence = Right L stance, inward inner forearm waist block, right L stance knifehand guarding block (double stepping).

Counter = Left X stance, high backfist side strike.

THREE STEP SEMI-FREE SPARRING (BAN JAYOO MATSOKI)

Attacking students start in L stance, guarding block.

Defending students start in parallel stance.

Please note: the attacker starts with either leg back every time.

Advanced Level

Attack = Stepping forward, execute any three techniques (hand or foot).

Defence = Any block suitable for each individual technique.

Counter = Any hand or foot techniqu

PAD WORK

Measure and kick (technical kicks showing the correct kicking tool), from the following:

1. Side Kick.
2. Turning Kick.
3. Side Kick.
4. Reverse Side Kick.
5. Reverse Turning Kick.

Theory:

What is Free Sparring

Free sparring is basically putting what has been learnt so far into practice, with no prewarning of attack. Therefore, not as many defending techniques can be practised as in the other forms of sparring. Free sparring can be practised with no pads and should be strictly non-contact. Semi contact sparring is allowed only when adequate supervision (i.e. safety boots and gloves are worn). This type of sparring must only be carried out under strict supervision of a qualified instructor.

Korean

Arc hand | Bandal son

Back kick | Dwit chagi

Closed Ready Stance 'B' | Moa Junbi Sogi 'B'

Consecutive kick | Yonsok chagi

Downward block | Naeryo makgi

Downward kick | Naeryo chagi

Forging post | Dollyon joo

Low Stance | Nachuo Sogi

One step sparring | Ilbo matsoki

Pressing kick | Noollo chagi

Pressing Block | Noollo Makgi

Rear foot stance | Dwit bal sogi

Reverse turning hooking kick | Badae dollyo goro chagi

Scooping block | Duro makgi

Side sole | Yop bal badak

Side thrust kick | Yop cha tulgi

Turning punch | Dollyo jirugi

Twin upset punch | Sang dwijibo jirugi

Upper elbow strike | Wi palkup taeregi

X Block | Kyocha Makgi