

## **6th 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  
Pattern - set by the grading examiner  
Pattern – Won Hyo  
3 Step Sparring - numbers 8, 9 & 10  
Semi-free Sparring (basic level)

### **THREE STEP SPARRING (SAMBO MATSOKI)**

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

#### **DEFENCES AS BELOW START FROM PARALLEL READY STANCE**

8. Right leg back 'L' stance, middle knifehand block to the inside two times.  
*Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block. Execute a right side kick landing in left 'L' stance, right front back fist strike or knifehand strike to the neck.*

9. Right leg back 'L' stance, middle palm pushing block to the outside three times.  
*Counter attack = Slide back at a 45 degree angle to the outside of your opponent into a right 'L' stance with a knifehand guarding block. Execute a right mid section turning kick, put the kicking foot behind the opponent's front foot landing in vertical stance while executing a knifehand strike to the neck.*

10. Right leg back 'L' stance, middle knifehand block to the inside two times.  
*Counter attack = Move right foot to left foot pushing off left foot, slide back at a 45 degree angle into a right 'L' stance with a knifehand guarding block. Execute a reverse side kick, land in a right walking stance whilst executing a left hand reverse knifehand strike to the philtrum.*

### **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.

#### ***Basic Level***

Attack = Kicking with back leg first, front kick, side kick, turning kick.  
Defence = Any block suitable for each individual kick.  
Counter = Reverse punch.

**Theory:****What is 3 Step Semi-Free Sparring**

This form of sparring is designed as a step forward from basic 3 step sparring. It involves three consecutive attacks and three blocks or evasions, plus a counter attack.

**Korean**

2 Step Sparring | Ibo Matsoki

Back | Dwit

Back Heel | Dwit Chook

Back Sole | Dwit Kumchi

Bending Ready Stance 'A' | Goburyo Sogi

Circular Block | Dollymio Makgi

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

Foot parts | Hanbansin

Hand parts | Sangbansin

Hooking block | Golcho makgi

Knee Kick | Moorup Chagi

Reverse turning kick | Badae dollyo chagi

Side Punch | Yop Jirugi

Vertical punch | Sewo jirugi

Vertical Stance | Soojik Sogi

Waist Block | Hori Makgi