

## 8th Kup Grading Revision Sheet

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

### Practical:

L Stance – Twin Forearm Block

Walking Stance – Front Kick / Double Punch

L Stance - Inward Block

Turning Kick and Guarding Block

L Stance - Forearm Guarding Block

Pattern – Dan Gun

3 Step Sparring – Numbers 1,2,3 & 4

### 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

1. Right leg back walking stance, middle inner forearm block to the inside three times.

*Counter attack = Reverse punch*

2. Left leg back 'L' stance, middle inner forearm block to the outside three times.

*Counter attack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck.*

3. Left leg back 'L' stance, middle inward outer forearm block to the inside three times.

*Counter attack = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.*

4. Left leg back 'L' stance, middle inward forearm block to the outside three times.

*Counter attack = Move the left leg into a sitting stance, focus with left hand, execute double punch.*

**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**

Backfist | Dung joomuk

Backfist strike | Dung joomuk taerigi

Inward | Anaero

Knifehand | Sonkal

Knifehand Guarding Block | Sonkal Daebi Makgi

Knifehand Strike | Sonkal Taerigi

Outward | Bakaero

Palm | Sonbadak

Semi free sparring | Ban jayoo matsoki

Side piercing kick | Yop chajirugi

Twin Forearm Block | Sang Palmok Makgi