



## 6<sup>th</sup> Gup Grading Syllabus – One stripe blue belt.

- 1) **Patterns** - Taeguk 2, Taeguk 3, Palgae 3
- 2) **Basic Kicks** - Front, side, roundhouse, back kick, jumping front kick, stepping side kick, stepping axe kick. Back foot roundhouse kicks to paddle target. Front foot roundhouse to paddle.
- 3) **Step Sparring** - Attacker : right foot back in fighting stance attack with punch of the back foot. Defender: right foot back in fighting stance. Attacker starts with first attack, defender blocks and counter attacks which attacker defends and counter attacks following below sequence
  - A : Attack – lower punch  
Defence – lower block then counter punch, attacker defends with lower block.
  - B : Attack – chest punch, minor outside block.
  - C : Attack – face punch, upper block.
  - D : Attack – chest punch, body block.
  - E : Attack – knife hand attack, knife hand block sweep left leg for throw.
- 4) **Kicking step sparring** – Attack with two kicks then step back & defend, attack again, step back and defend following steps A to D.
  - A : Front kick, right and left. Defence : step back with lower block.
  - B : Side kick, right and left. Defence as above.
  - C : Roundhouse kick right and left. Defence as above.
  - D : Back kick and spinning kick. Defence : Step back and avoid.
- 5) **Free Sparring.** - Light sparring

