



3rd Gup Grading Syllabus – One stripe red belt.

- 1) **Patterns** – Taeguk 5, Taeguk 6, Palgae 6
- 2) **Kicks to paddle targets** – 1. Roundhouse kick from back foot then front foot. 2. Step back & right RH kick then back foot left RH kick. Repeat other leg. 3. Roundhouse kick & spinning kick. 4. Roundhouse kick & turning RH kick. 5. Right RH kick, left RH kick right 45 degrees RH kick, repeat other leg.
- 3) **Kicking combinations** – 1. Front kick & jumping front kick plus 4 other kicks. 2. Roundhouse kick & spinning kick plus 4 others. 3. Turning back kick & turning back kick plus 4 others.
- 4) **Step sparring** – Attacker : right foot back in fighting stance.
 - A: Attack : Chest punch from fighting position.
Defence : Left body block, right body punch followed by reverse knife hand strike to neck.
 - B: Attack : Chest punch, same as A.
Defence : Side step to left & instep kick to body, step through and left turning elbow to head.
 - C: Attack : Face punch
Defence : Step forward and to the right with outside face block and right back fist to face, left and right elbows to head and finish with any kick.
 - D: Attack : Right roundhouse kick
Defence : Step back with left foot & right body block, counter with left turning back kick and right punch.
 - E: Attack : Right turning back kick
Defence : Jump 45% to right with right roundhouse, slide right foot back and right back kick.
- 5) **Self defence** 1. Own defence against both wrists grabbed.
2. Own defence against bear hug from behind.
3. Own defence against single hand grip to throat.
- 6) **Kyokpa** – Breaking techniques. Breaking board with hand strike & kicking.
- 7) **Free sparring**. Light body contact, three opponents.

