



## 9<sup>th</sup> Gup Grading Syllabus – One stripe yellow belt.

- 1) Patterns - Taeguk 1.
- 2) Hand techniques – Walking forward & back with basic blocks: lower block, minor outside block, body block, upper block and knife hand block.
- 3) Basic Kicks - Front, side, roundhouse, kick, Walking forward with front kick.
- 4) Self Defence – Wrist roll no.1 against straight arm push.

Wrist roll no.2 against a wrist grip.

Wrist roll no.3 against a grip to lapel.

*Wrist roll no.1 – Opponent pushes chest with right hand, grab his hand with your right as you step back with your right foot & twist his hand clockwise till his fingers face up applying more pressure until opponent taps.*

*Wrist roll no.2 – Opponent grabs your right wrist with his right hand, swing your arm up as you grab his hand with your left, twist his hand down over his right shoulder helping to apply pressure with your left hand until opponent taps.*

*Wrist roll no. 3 – Opponent grabs your lapel with his right hand & pulls you close, grab his hand with both your hands, stepping forward diagonally with your left foot & apply downward pressure until opponent taps.*

- 5) Free Sparring. - No contact.

