



5th Gup Grading Syllabus – Two stripe blue belt.

- 1) **Patterns** – Taeguk 3, Taeguk 4 Palgae 4
- 2) **Kicks** – Roundhouse to paddle target off back foot, front foot, step back and kick, kicking walking forward four times. Axe kick to paddle off back foot.
- 3) **Kicks to bag two kicks each foot.**
 1. Roundhouse kick off back foot.
 2. Stepping side kick.
 3. Turning back kick.
- 4) **Step sparring** – A : Attacker left foot back, right hand chest punch.
Defence with minor outside block, right front kick step forward 45 degrees and right body punch.

B : Attacker same as A.
Defence with right side kick, step forward with right body block and reverse knife hand to neck.

C : Attacker same as A, but face punch.
Defence with left upper block, left reverse knife hand.
Lean back with left side kick & right back kick.

D : Attack with right front kick (foot back)
Defend with lower block, right front kick & right knife hand to neck, grab head and left elbow to face.

E : Attack with right roundhouse to head.
Defend with outside face block & counter with double right roundhouse kick.
- 5) **Self defence** -
 1. Defence against rear strangle: elbow strikes to body then lift opponents elbow, step back under arm and arm lock.
 2. Defence against two handed lapel grip: grab opponents chin & hair, twist head and take opponent to floor.
- 6) **Free sparring.** Light body contact.



