



## **2<sup>nd</sup> Gup Grading Syllabus – Two stripe red belt.**

- 1) **Patterns** – Taeguk 6, Taeguk 7, Palgae 7 plus one pattern of your own choice.
- 2) **Kicks to paddle targets** – 1. Back foot roundhouse kick, front foot RH, step back RH ( same foot ) 2. Roundhouse kick plus turning roundhouse kick ( same foot ) 3. Roundhouse kick plus spinning kick ( opposite feet ) 4. Roundhouse kick plus back kick.  
5. Roundhouse kick plus axe kick, opposite feet.
- 3) **Kicking combinations** – 1. Front, side, roundhouse, back, spinning, axe, turning roundhouse kicks. 2. Own kicking combinations forward, own combinations backward – 2 sets.
- 4) **Step sparring**
  1. **Attack: Right front kick.**  
**Defence :** Step to left with left foot, block and catch leg with right arm, sweep leg with left foot.
  2. **Attack: Right front kick.**  
**Defence:** Step to the right with right foot, block and catch leg with left arm, sweep leg with left foot.
  3. **Attack: Right front kick.**  
**Defence:** Step to the right with right foot, block and catch leg with left arm, step forward with left and sweep with right foot.
  4. **Attack : Roundhouse kick.**  
**Your own defence.**
  5. **Attack : Spinning kick.**  
**Your own defence.**
  6. **Attack : Straight punch**  
**Your own defence.**
- 5) **Self defence**
  1. Own defence against both wrists grabbed from behind.
  2. Own defence against front strangle.
  3. Own defence against hook punch to head.
- 6) **Kyokpa – breaking techniques.** Breaking a board with hand strike & kicking.
- 7) **Free sparring** - Light body contact, three opponents.

