



8th Gup Grading Syllabus – Two stripe yellow belt.

- 1) Patterns - Taeguk 1, Palgae 1
- 2) Hand techniques – Walking forward & back with basic blocks and strike combination: lower block & punch, minor outside block & knife hand, body block & punch, upper block & palm strike and knife hand block.
- 3) Basic Kicks - Front, side, roundhouse, outside crescent , back kick, Walking forward with front kick & double punch.

- 4) Step Sparring - Attacker : right foot back & left hand lower block.

A : Attack – Step forward with lower punch
Defence – Lower block & stomach punch.

B : Attack – Step forward with chest punch.
Defence – Body block & punch to ribs.

C : Attack – Step forward with face punch.
Defence – Upper block & palm strike.

- 5) 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 with your left hand on opponents elbow and take him to floor.

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. Finish with a knife hand to the neck.

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. Take opponent to floor & punch to face.

- 6) Free Sparring. - No contact.

