



## **4<sup>th</sup> Gup Grading Syllabus – Three stripe blue belt.**

- 1) **Patterns** – Taeguk 4, Taeguk 5, Palgae 5, Kicking pattern
- 2) **Kicks to paddle targets** –  
Roundhouse kick off back foot, front foot, step back roundhouse kick, change step roundhouse kick, right & left roundhouse kick, 45 degrees roundhouse kick, spinning kick to target.
- 3) **Kicks to bag** –
  1. Roundhouse kick with left, step to side turn & kick with right turn & repeat.
  2. Jumping side kick.
  3. Stepping turning back kick.
- 4) **Sparring techniques (closed stance)**
  1. **Attack:** Front foot roundhouse kick.  
**Defence:** Step back & counter roundhouse kick.
  2. **Attack:** Front foot roundhouse kick.  
**Defence:** Slide back & back kick
  3. **Attack:** Axe kick with back foot.  
**Defence:** Slide back and 45 degree roundhouse kick.
  4. **Attack:** Spinning kick.  
**Defence:** Slide to side & double roundhouse kick.
  5. **Attack:** Roundhouse kick to head.  
**Defence:** Step back and double roundhouse kick.
- 5) **Free sparring** – Light body contact.

