



# PRAHRAN

## taekwondo



### **1<sup>st</sup> Gup Grading Syllabus – Three stripe red belt.**

- 1) **Patterns ( poomse )** – Taeguk 8, Palgae 8, straight line Koryo
- 2) **One Step sparring ( hanbeon kyorugi ) using your own defences**  
6 sets, 2 mainly hands, 2 mainly kicks, 2 incorporating locking or throwing techniques.
- 3) **Basic kicks** – Front, side, roundhouse, back, axe, turning roundhouse, stepping hook kick, jumping front, jumping roundhouse, jumping back kick.
- 4) **Kicks to bag**
  1. Turning roundhouse kick.
  2. Jumping double roundhouse kick.
  3. Jumping back kick.
  4. Front, back kick combination.
  5. Step back roundhouse kick.
  6. Change step roundhouse kick.
- 5) **Self defence ( hosinsul ) using your own defences**  
Defence against:
  1. Rear strangle.
  2. Headlock.
  3. Front strangle.
  4. Bear hug from front.
  5. Bear hug from behind.
- 6) **Kicking combinations** –  
Roundhouse & jumping roundhouse kick + 3 other kicks.  
Spinning kick & axe kick + 3 other kicks.  
Back kick & stepping back kick + 3 others.
- 7) **Breaking techniques ( kyokpa )**  
Combination break, 2 boards with hands  
Combination break, 2 boards with kicks.
- 8) **Sparring ( kyorugi )** – Light body contact and contact shield sparring.

