



7th Gup Grading Syllabus – Three stripe yellow belt.

- 1) **Patterns** - Taeguk 1, Taeguk 2, Palgae 2
- 2) **Hand techniques** – Walking forward and back with basic block 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, back kick, axe kick, front foot roundhouse kick. Walking with front, roundhouse & back kick combination.
- 4) **Step Sparring** - Attacker : right foot back & left hand lower block.
 - A : Attack – Step forward 3 times with lower punch
Defence – Lower block & stomach punch.
Lower block & face punch.
Lower block & palm strike.
 - B : Attack – Step forward 3 times with chest punch.
Defence – Minor outside block & knife hand to neck.
Outside block & spear hand to throat.
Body block & elbow strike to ribs.
 - C : Attack – Step forward 3 times with face punch.
Defence – Upper block & ridge hand.
Upper block & “Y” hand.
High outside block & body punch.
- 5) **Self Defence** –
 - A: Head lock defence.
 - B: Defence against front strangle.
 - C: Defence against two handed rear strangle.
- 6) **Free Sparring** - No contact.

