

2010

Chung Yong Taekwondo

Kup Grade Syllabus

This document outlines the basic requirements for students to progress from white belt to red belt – black tag. An exam to prove a student's proficiency should be undertaken at each grade.

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Introduction

The following pages outline the minimum requirements for student to progress from White Belt to Red Belt Black Tag whilst grading with Chung Yong Taekwondo from January 2010. The syllabus is a combination of the BTCB syllabus and the Chung Yong Taekwondo syllabus.

Upon successful completion of this syllabus a student should be fully competent in the basics of WTF Taekwondo and with a further 6 months training should be ready to take a BTCB 1st Dan Grading.

The training offered at each of Chung Yong's classes may vary depending on each instructor's personal preferences. The aim of this is to allow students to find a class that best suits them or allow students to benefit from each instructor's varying experiences.

However, as all students will work to the same grading criteria it is expected that a consistent high standard will be maintained throughout Chung Yong Taekwondo.

Students may be tested on all items in their grade's syllabus, any items from previous grading and any additional items the examiners deem necessary.

10 Kup to 9 Kup - White Belt to White Belt Yellow Tag (20 Lessons & 3 Months)

Standard

BTCB - Students should perform the majority of techniques correctly. Power and accuracy are not essential.

Patterns/Kiboms

- Kibom Sohn il

Stances

- Attention
- Ready
- Walking
- Back
- Long
- Horse riding

Blocks

- High Block (*Moving forwards and backward in long stance*)
- Middle Block (*Moving forwards and backward in long stance*)
- Outer Block (*Moving forwards and backward in long stance*)
- Low Block (*Moving forwards and backward in long stance*)

Strikes

- Single Punch (*From Horse Riding stance*)
- Double Punch (*From Horse Riding stance*)

Kicks

- Front Leg Raising (*From Long Stance Kicking exercise position*)
- Front Kick (*From Long Stance Kicking exercise position*)
- Half Turning Kick (*From Long Stance Kicking exercise position*)
- Turning Kick (*From Long Stance Kicking exercise position*)
- Inner Crescent Kick (*From Long Stance Kicking exercise position*)
- Outer Crescent Kick (*From Long Stance Kicking exercise position*)

Sparring

- One for one kicking
- Free Sparring

Breaking

- Front Kick
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

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9 Kup to 8 Kup - White Belt Yellow Tag to Yellow Belt (20 Lessons & 3 Months)

Standard

BTCB - Students should perform the majority of techniques correctly. Power and accuracy are not essential although there should be evidence that students are learning to develop correct methods for generation of power. There should be few errors in the pattern.

Patterns/Kiboms

- Kibom Sohn il
- Tae Geuk il Jang

Stances

- Attention
- Ready
- Walking
- Back
- Long
- Horse riding

Blocks

- High Block (*Moving forwards and backward in long stance*)
- Middle Block (*Moving forwards and backward in long stance*)
- Outer Block (*Moving forwards and backward in long stance*)
- Low Block (*Moving forwards and backward in long stance*)

Strikes

- Double Punch (*Moving forwards and backward in long stance, High, Middle and Low*)
- Triple Punch (*Moving forwards and backward in long stance, High, Middle and Low*)
- Single Knife Hand (*Moving forwards and backward in long stance, inner to neck*)
- Elbow (*Moving forwards and backward in long stance, inner to head*)

Kicks

- Side Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)
- Turning Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)
- Pushing Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)
- Outer Crescent Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)

Sparring

- One for one kicking
- Free Sparring

Breaking

- Side Kick
- Elbow
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

8 Kup to 7 Kup - Yellow Belt to Yellow Belt Green Tag (20 Lessons & 3 Months)

Standard

Students should perform the majority of techniques correctly. Power and accuracy are not essential but blocks and attacks should be fairly accurate. There should be few errors in the pattern.

Patterns/Kiboms

- Kibom Sohn Ee
- Tae Geuk il Jang
- Tae Geuk Ee Jang

Stances

- Attention
- Ready
- Walking
- Back
- Long
- Horse riding

Blocks

- Cross low (*Moving forwards and backward in long stance*)
- Cross High (*Moving forwards and backward in long stance*)
- Twin Knife Hand Middle (*Moving forwards and backward in back stance*)
- Twin Knife Hand Low (*Moving forwards and backward in back stance*)

Strikes

- Spear finger thrust (*Moving forwards and backward in long stance, High, Middle and Low*)
- Single Knife hand (*Moving forwards and backward in long stance, inner and outer to neck*)

Kicks

- Step through Side Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)
- Step through Turning Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)
- Skipping Half Turning Kick (*From Back Stance Guard and Block*)

Sparring

- One for one kicking
- Three Step Sparring (No.1 to 3)
- Free Sparring

Breaking

- Side Kick
- Elbow
- Palm Heel
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

7 Kup to 6 Kup - Yellow Belt Green Tag to Green Belt (30 Lessons & 3 Months)

Standard

Students should perform techniques correctly with some power and accuracy. There should be few errors in the pattern.

Patterns/Kiboms

- Kibom Aree il
- Tae Geuk il Jang
- Tae Geuk Ee Jang
- Tae Geuk Sam Jang

Stances

- Attention
- Ready
- Walking
- Back
- Long
- Horse riding

Blocks

- Cross low(*Moving forwards and backward in long stance*)
- Cross High(*Moving forwards and backward in long stance*)
- Twin Knife Hand Middle (*Moving forwards and backward in back stance*)
- Twin Knife Hand Low (*Moving forwards and backward in back stance*)

Strikes

- Spear finger thrust (*Moving forwards and backward in long stance, High, Middle and Low*)
- Single Knife hand (*Moving forwards and backward in long stance, inner and outer to neck*)
- Palm Heel

Kicks

- Step through Side Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)
- Step through Turning Kick (*From Long Stance Kicking exercise position, single and double, front and back leg*)
- Skipping Half Turning Kick (*From Back Stance Guard and Block*)

Sparring

- One for one kicking
- Three Step Sparring (No.1 to 6)
- Free Sparring

Breaking

- Side Kick
- Elbow
- Palm Heel
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

6 Kup to 5 Kup - Green Belt to Green Belt Blue Tag (30 Lessons & 3 Months)

Standard

Students should perform techniques correctly with moderate power and good accuracy. There should be no significant errors in the pattern and good balance in sparring. Sparring must show good control.

Patterns/Kiboms

- Kibom Aree Ee
- Tae Geuk Sah Jang
- Any 2 previous patterns

Stances

- Crane
- Tiger
- As previous

Blocks

- Combination of Knife Hand and Fist in all stances
- As previous

Strikes

- Hammer fist
- All previous in 360°
- As previous

Kicks

- 360° half turning kick
- 360° crescent kick
- Hook Kick
- As previous

Sparring

- One for one kicking
- Two Step Sparring (No.1 to 3)
- Free Sparring

Breaking

- Side Kick
- Elbow
- Palm Heel
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

5 Kup to 4 Kup - Green Belt Blue Tag to Blue Belt (60 Lessons & 6 Months)

Standard

Students should show power, accuracy, balance and some fluidity of movement. There should be no (or insignificant) errors in the patterns and good balance in sparring. Sparring must show good control

Patterns/Kiboms

- Kibom Sohn Sam
- Tae Geuk Oh Jang
- Any 2 previous patterns

Stances

- Cross stance
- As previous

Blocks

- Reverse 360° techniques of all previous
- As previous

Strikes

- All previous into multiple combinations
- As previous

Kicks

- 360° hooking kick
- 360° back kick
- Jumping front kick (for height and distance)
- Jumping turning kick
- As previous

Sparring

- One for one kicking (Including jumping kicks)
- Two Step Sparring (No.1 to 3)*
- Free Sparring

Breaking

- Jumping front Kick
- Jumping turning kick
- As previous
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

4 Kup to 3 Kup - Blue Belt to Blue Belt Red Tag (60 Lessons & 6 Months)

Standard

Students should show power, accuracy, balance and some fluidity of movement. There should be no (or insignificant) errors in the patterns and good control of balance in sparring. Sparring must be dynamic but show good control and combinations of techniques.

Patterns/Kiboms

- Kibom Aree Sam
- Tae Geuk Yook Jang
- Any 2 previous patterns

Stances

- As previous

Blocks

- Scissor block
- As previous

Strikes

- As previous

Kicks

- Combination of jumps (including double techniques)
- As previous

Sparring

- One for one kicking
- One Step Sparring
- Free Sparring
- Self Defence

Breaking

- As previous
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

3 Kup to 2 Kup - Blue Belt Red Tag to Red Belt (70 Lessons & 6 Months)

Standard

Students should show a high degree of power, accuracy, balance and some fluidity of movement. There should be no major errors in the patterns. Sparring should suggest that the student is a confident, competent and controlled fighter. Those who show lack of concern for their partner's welfare in sparring or self defence will fail.

Patterns/Kiboms

- Tae Geuk Chil Jang
- Any 2 previous patterns

Stances

- As previous

Blocks

- As previous

Strikes

- As previous

Kicks

- Combination of jumps (including double techniques)
- As previous

Sparring

- One for one kicking
- One Step Sparring
- Free Sparring
- Self Defence

Breaking

- As previous
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.

2 Kup to 1 Kup - Red Belt to Red Belt Black Tag (70 Lessons & 6 Months)

Standard

Students should show a high degree competence in all areas. Patterns must be performed well, with confidence, power and accuracy. (It is not enough for students at this stage merely to know the moves. They must be thoroughly familiar with the patterns.) Sparring should suggest that the student is a confident and competent fighter.

Patterns/Kiboms

- Tae Geuk Pal Jang
- Any 2 previous patterns

Stances

- As previous

Blocks

- As previous

Strikes

- As previous

Kicks

- Combination of jumps (including double techniques)
- As previous

Sparring

- One for one kicking
- One Step Sparring
- Free Sparring
- Self Defence

Breaking

- As previous
- Instructors choice

Students should know the Korean translations for all moves in their syllabus.