



**HF MARTIAL ARTS**

# **GRADING SYLLABUS**

**10<sup>TH</sup> KUP WHITE BELT**

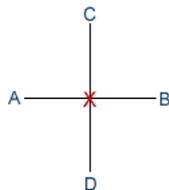
**TO**

**9<sup>TH</sup> KUP YELLOW TAG**

#### **4 Directional Punching – Saju Jirugi**

Ready stance: Parallel ready stance with the left arm raised to the front with a closed fist, right hand on belt.

Diagram:



The instructions for this exercise assume that the student is standing on line AB and facing D.

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

End of right side: bring the right foot back to form a parallel ready stance facing D with the right arm raised to the front with a closed fist, left hand on belt.

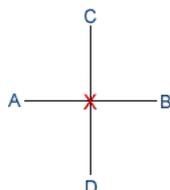
8. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
9. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right forearm.
10. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
11. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right forearm.
12. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
13. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right forearm.
14. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.

After the final move, the student should kihap. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form a parallel ready stance facing D.

#### 4 Directional Blocking – Saju Makgi

Ready stance: Parallel ready stance.

Diagram:



The instructions for this exercise assume that the student is standing on line AB and facing D.

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
2. Move the right foot to D forming a right walking stance toward D while executing a middle block to D with the right inner forearm.
3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
4. Move the right foot to B forming a right walking stance toward B while executing a middle block to B with the right inner forearm.
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
6. Move the right foot to C forming a right walking stance toward C while executing a middle block to C with the right inner forearm.
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
8. Move the right foot to A forming a right walking stance toward A while executing a middle block to A with the right inner forearm.

End of right side: bring the right foot back to form a parallel ready stance facing D.

9. Move the left foot to C forming a right walking stance toward D while executing a low block to D with the right knife-hand.
10. Move the left foot to D forming a left walking stance toward D while executing a middle block to D with the left inner forearm.
11. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right knife-hand.
12. Move the left foot to B forming a left walking stance toward B while executing a middle block to B with the left inner forearm.
13. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right knife-hand.
14. Move the left foot to C forming a left walking stance toward C while executing a middle block to C with the left inner forearm.
15. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right knife-hand.
16. Move the left foot to A forming a left walking stance toward A while executing a middle block to A with the left inner forearm.

**There is no kihap at the end of Saju Makgi.** The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form a parallel ready stance facing D.

## Three Step Sparring - No's 1 & 2

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	<b>Attacker</b> – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin. <b>Defender</b> - parallel ready stance, kihap to show they are ready to defend.
The Attack	Right leg forward right walking stance, middle section obverse punch. Left leg forward left walking stance, middle section obverse punch. Right leg forward right walking stance, middle section obverse punch.

### The Defences & Counter Attacks

#### Number 1

1. Step the right leg back into a walking stance, perform a middle block with the left arm.
2. Step the left leg back into a walking stance, perform a middle block with the right arm.
3. Step the right leg back into a walking stance, perform a middle block with the left arm. Remaining in walking stance, perform a reverse punch with the right hand.

#### Number 2

1. Step the left leg back into an L-stance, perform a middle block with the right arm.
2. Step the right leg back into an L-stance, perform a middle block with the left arm.
3. Step the left leg back into an L-stance, perform a middle block with the right arm. Step across to the left into an L-stance and perform a knife hand side strike targeting an opponent's neck.

For this grading three step sparring will be performed in line without a partner.

## White Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Taekwon-Do literally means "The way of hand and foot" or "The art of hand and foot fighting".

Tae means foot

Kwon means hand

Do means art or way

Taekwon-Do is the Korean art of self-defence, developed from a number of Korean arts including Soo Bak and Taek Kyon; these date back over two thousand years. It became perfected in its present form by Major General Choi Hong Hi (9th Dan) and has been developed and modernised since its introduction to the world on 11<sup>th</sup> April 1955.

Where did Taekwon-Do originate?                      South Korea

The International Taekwon-Do Federation (ITF) Oath:                      I shall observe the tenets of Taekwon-Do  
I shall respect the instructor and seniors  
I shall never misuse Taekwon-Do  
I shall be a champion of freedom and justice  
I shall build a more peaceful world.

What are the 5 tenets of Taekwon-Do?                      Courtesy                                      Yae i  
Integrity                                      Yom chi  
Perseverance                                      In nae  
Self-control                                      Guk gi  
Indomitable spirit                                      Beakjul boolgool

What is the name of your instructor?                      \_\_\_\_\_

What grade is your instructor?                      \_\_\_\_\_

White belt colour meaning:                      White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

Yellow belt colour meaning:                      Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Pattern:                      There is no pattern for beginners. For your grading, you must perform Saju Jirugi and Saju Makgi. These are classed as exercises, not as patterns.

### **White Belt Theory & Terminology (cont'd)**

Block	Makgi
Punch	Jirugi
Kick	Chagi
High section	Nopunde
Middle section	Kaunde
Low section	Najunde
Stance	Sogi

### **White Belt Theory & Terminology (Advanced)**

Low block	Najunde makgi
Middle block	Kaunde makgi
Low knife-hand block	Sonkal najunde makgi
Front rising kick	Ap cha olligi
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Walking stance	Gunnun sogi
Ready stance	Junbi sogi
L-stance	Niunja sogi
Sitting stance	Annun sogi
Attention	Charyot
Bow	Kyong ye
Low knife-hand block	Sonkal najunde makgi

### **General Theory & Terminology**

The following are not required to be learnt for the initial grading, however they will be needed as the student progresses.

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Tasut
Six	Yasut
Seven	Ilgop
Eight	Yodul
Nine	Ahop
Ten	Yol
Instructor	Sabum
Student	Jeja
Training hall	Dojang
Training suit	Dobok
Belt	Ti
Start	Sijak
Stop	Guman
Ready	Junbi
Return (to the ready position)	Baro

## Grading Check List

### 10<sup>th</sup> Kup White Belt to 9<sup>th</sup> Kup Yellow Tag

To be eligible to grade you must be able to perform the entire following checklist completely without assistance. Below is the list of everything you'll be assessed on for your grading.

Attention stance	
Raise right hand, state name and grade (loud and clear)	
Parallel ready stance	
Sitting stance, 10 single punches (counting in Korean)	
Walking ready stance, front rising kick, double block	
10 Press Ups	
Walking stance, middle punch	
Walking stance, low block, reverse punch	
Walking stance, middle block, reverse punch	
4 Directional Punching (Saju Jirugi) – low block, middle punch	
4 Directional Block (Saju Makgi) – low knife-hand block, middle block	
Three step sparring numbers 1 & 2 (performed in line)	



**HF MARTIAL ARTS**