



# Coloured Belt Grading Line Work 10th Kup to 2nd Kup

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# 10th Kup

## **STATIC**

Sitting stance, front punch

## **STATIC**

Walking ready stance, front rising kick

## **STATIC**

10 Press ups

## **FWD & BWD**

Walking stance, middle punch

## **FWD & BWD**

Walking stance, low block reverse punch

## **FWD & BWD**

Walking stance, middle block reverse punch

## **4 directional punch 1 & 2**

# 9th Kup

## **STATIC**

Sitting stance, double punch

## **STATIC**

Walking ready stance, front snap kick

## **FWD & BWD**

Walking stance, double punch

## **FWD & BWD**

L stance, middle block

## **FWD & BWD**

L stance, knife hand strike

## **FWD & BWD**

Walking stance, low block rising block

## **Chon Ji**

# 8th Kup

## **FWD & BWD**

L stance, twin forearm block

## **FWD**

Walking stance, front kick double punch

## **BWD**

L stance, inward outer forearm block

## **FWD**

Turning kick, land L stance, knife hand guarding block

## **BWD**

L stance, forearm guarding block

## **Dan Gun**

3 step sparring **1 to 4**

# 7th Kup

## **FWD & BWD**

Walking stance, high back fist strike

## **FWD**

Turning kick, land L stance, knife hand guarding block

## **BWD**

Walking stance, wedging block

## **FWD**

Side kick, land L stance, forearm guarding block

## **BWD**

L stance, knife hand guarding block

## **FWD**

Walking stance, straight fingertip thrust

## **BWD**

Walking stance, high outer forearm block, middle reverse punch  
(24)

## **Do San**

3 step sparring    **5 to 7**

# 6th Kup

## **FWD**

First two moves of Won Hyo

## **BWD**

Walking stance, low block, rising block, reverse punch

## **FWD**

Walking stance, straight finger tip thrust, release, spin, high back fist side strike (24)

## **BWD**

Fixed stance, side punch

## **FWD**

Bending stance, side kick, land L stance, knife hand guarding block (28)

## **BWD**

L stance, inward middle outer forearm block, slip the front foot into walking stance, high back fist side strike

## **FWD**

Kicking off the rear leg, front kick, side kick, turning kick (alternating legs) land L stance, knife hand guarding block

## **BWD**

Walking stance, circular block

## **PATTERNS**

Examiner's choice

Won Hyo

## **Sparring**

3 step sparring 8-10

3 step semi free sparring **Basic**

Focus Kicks:            Side Kick & Turning Kick

# 5th Kup

## **FWD**

Walking stance, high hooking block (twice), obverse middle punch (38)

## **BWD**

L stance, twin knife hand block

## **FWD**

Side kick, reverse side kick, Land L stance, forearm guarding block

## **BWD**

Walking stance, high double forearm block

## **FWD**

Front kick, turning kick (same leg), land L stance, forearm guarding block

## **BWD**

L stance, upward palm heel block

## **FWD**

Bending stance, side kick, land in walking stance, front elbow strike (38)

## **BWD**

Walking stance, X-fist pressing block

## **FWD & BWD**

Turning kick, reverse turning kick (360°), land L stance, forearm guarding block

## **PATTERNS**

Student's choice (not grade pattern)

Examiner's choice

Yul Gok

## **Sparring**

2 step sparring 1-3

3 step semi free sparring **Intermediate**

Free sparring

# 4th Kup

## **FWD**

First 3 moves of Joong Gun

## **BWD**

Walking stance, pressing block (32)

## **FWD**

Turning kick, side kick (same leg) land L stance, forearm guarding block

## **BWD**

L stance, high back fist side strike, release slipping front foot into walking stance, high reverse punch (32)

## **FWD**

Walking stance, double forearm block, pull back into L stance, side punch (32)

## **BWD**

L stance, outer forearm waist block

## **FWD**

Side kick, hooking kick (same leg) land L stance, forearm guarding block

## **BWD**

L stance, knife hand guarding block, slip front foot into walking stance, upper elbow strike (32)

## **FWD**

Turning kick, reverse side kick, land L stance, forearm guarding block

## **BWD**

Fixed stance, U shaped block

## **PATTERNS**

Student's choice (not grade pattern)

Examiner's choice

Joong Gun

## **SET SPARRING**

2 step sparring **4 to 6**

3 step semi free **Advanced**

Free sparring

# 3rd Kup

## **FWD**

Side kick, spin into L stance, knife hand strike

## **BWD**

L stance, low knife hand guarding block, slip front foot into walking stance circular block (37)

## **FWD**

Front leg hook kick side kick, rear leg turning kick, land L stance, knife hand guarding block

## **BWD**

Sitting stance, W shape block

## **FWD**

L stance, Knife hand guarding block, front leg front kick, land in walking stance, high flat finger tip thrust (37)

## **BWD**

Walking stance, X-fist pressing block, twin vertical punch

## **FWD**

Turning kick reverse turning kick (180°), land L stance, forearm guarding block

## **BWD**

L stance, low section double forearm block, slip the front foot into walking stance, high grab (37)

## **FWD**

Turning kick, downward kick (same leg), land L stance, forearm guarding block

## **BWD**

First 2 moves of Toi Gye

## **PATTERNS**

Student's choice (not grade pattern)

Examiner's choice

Toi Gye

## **Sparring**

2 step sparring 1-8

1 step sparring (basic)

Free sparring

# 2nd Kup

**FWD**

Double side kick (same leg), land L stance, knife hand guarding block

**BWD**

Walking stance, high twin vertical punch

**FWD**

Double turning kick (same leg), land L stance, forearm guarding block

**BWD**

Walking stance, pressing block (normal speed)

**FWD**

Walking stance, middle obverse punch, pull up and release, front leg side kick, land L stance, knife hand strike (29)

**BWD**

Walking stance, X fist pressing block – X fist rising block

**FWD**

Side kick, reverse side kick, land walking stance, reverse punch, pull back L stance, forearm guarding block

**BWD**

L stance, twin forearm block, upward punch, slide into fixed stance, punch, pull back into vertical stance, downward knife hand strike (29)

**FWD**

Front kick, turning kick (same leg), rear leg reverse turning kick (180°) land L stance, knife hand guarding block

**BWD**

L stance, obverse middle punch, slip front foot into walking stance, X fist pressing block (29)

**2 kicks each leg**

Jumping front kick off back leg

**2 kicks each leg**

Jumping turning kick off back leg

**2 kicks each leg**

Jumping side kick off front leg

**2 kicks each leg**

Jumping reverse side kick

**Patterns**

Student's choice pattern

Not grade pattern

Examiner's choice patterns x 2

Hwa Rang

**Sparring**

Set sparring examiner's choice

1 step sparring (Advanced)

Free sparring