

# **GRADING SYLLABUS**

**ENDURANCE**

태권도

**Blue 3 to Red 3**

## **BLUE 3 TO RED 1**

### **POOMSAE**

- TAEGUK 6 - Yuk Jang

### **SELF DEFENCE** – Self Defence from the following attacks

- 2 x Knife
- 1 x Stick
- 1 x Strike
- 2 x Grab

### **TECHNIQUES – KICKS** – Fighting Stance

- Front Leg Hook Kick
- Moving – Front Kick to Turning Side Kick

### **TERMINOLOGY** – Demonstrate

- Walking Stance – Ap Seogi
- Back Stance – Dwit Gubi
- Front Stance – Ap Gubi
- Knife Hand – Sonnal
- Strike – Chigi
- Kick - Chagi

### **BOARD BREAKING**

- 1 x Board with Foot

## **RED 1 TO RED 2**

### **POOMSAE**

- TAEGUK 7 - Chil Jang

### **SELF DEFENCE** – Self Defence from the following attacks

- 1 x Knife
- 2 x Stick
- 3 x Grabs
- 1 x Ground Defence

### **TECHNIQUES – KICKS** – Fighting Stance

- Turning Hook Kick
- 360 Round House

### **TERMINOLOGY** – In Horse riding Stance

- Palm Strike – Batangson Chigi
- Back Fist Strike - Deungjumeok
- Hammer Fist - Mejumeok

### **BOARD BREAKING**

- 1 x Foot – Turning Kick

## RED 2 TO RED 3

### **POOMSAE**

- TAEGEUK 8 - Pal Jang

### **SELF DEFENCE** – Self Defence from the following attacks

- 2 x Knife
- 2 x Stick
- 2 x Grab
- 1 x Strangle/ Head Lock
- 1 x Ground Defence

### **TECHNIQUES – KICKS** – Fighting Stance

- Jumping Turning Side Kick
- Moving – Round House to Turning Hook Kick
- Moving – Round House to 360 Round House

### **TERMINOLOGY** – In Horse riding Stance

- Elbow Strike – Palkoop Chigi
- Neck – Mok
- Chin – Teok

### **BOARD BREAKING**

- Turning Kick



**ENDURANCE**  
*for life*

# ENDURANCE

## Taekwondo

[endurancetaekwondo.com.au](http://endurancetaekwondo.com.au)