

GRADING SYLLABUS

ENDURANCE

태권도

Yellow 3 to Blue 3

YELLOW 3 TO BLUE 1

POOMSAE

- TAEGEUK 3- Sam Jang

SELF DEFENCE – Self Defence from the following attacks

- 1 x Chest
- 1 x Wrist Grab
- 1 x Shoulder

TECHNIQUES – KICKS – Fighting Stance

- Moving Jumping Front Kick
- Moving Front Leg RH to Back Leg RH

TERMINOLOGY – In Horse riding Stance (10yrs +)

- Face Block - Olgal Makki
- Inwards Body Block – Montong An Makki
- Outside Body Block – Bakkat Makki
- Lower Block – Arae Makki

BLUE 1 TO BLUE 2

POOMSAE

- TAEGEUK 4 - Sah Jang

SELF DEFENCE – Self Defence from the following attacks

- 1 x Knife
- 1 x Bear Hug
- 1 x Punch
- 1 x Kick

TECHNIQUES – KICKS – Fighting Stance

- Stepping Side Kick
- Turning Side Kick

TERMINOLOGY – Stances

- Closed Stance – Moe Seogi
- Parralell Stance - Narani Seogi
- Horse Riding Stance – Juchum Seogi

BLUE 2 TO BLUE 3

POOMSAE

- TAEGEUK 5 - O Jang

SELF DEFENCE – Self Defence from the following attacks

- 2 x Knife
- 1 x Stick
- 1 x Double Chest Grab
- 1 x Strangle

TECHNIQUES – KICKS – Fighting Stance

- Back Leg Side Kick
- Moving - Front Leg RH to Back Leg RH

TERMINOLOGY – In Horse riding Stance

- Face Punch – Olgul Jireugi
- Body Punch – Momtong Jireugi



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for life

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Taekwondo

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