International Taekwon-Do Glendowie

Gup syllabus sheet

Grade **10th gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Attention stance (charyot sogi),					
Bow (kyong ye)					
b. Parallel stance (narani sogi),					
Parallel ready stance (narani junbi sogi)					
c. Walking stance (gunnun sogi),					
Walking ready stance (gunnun junbi sogi)					
d. Single stepping - forward (nagagi)					
Forward (nagagi)					
Backward (duruogi)					
2. Defensive techniques:					
a. Forearm low block (palmok najunde makgi)					
b. Knifehand low block (sonkal najunde makgi)					
c. Inner forearm side block (an palmok yop makgi)					
d. Front rising kick (apcha olligi)					
3. Offensive techniques:					
a. Forefist front punch					
Forefist high front punch (ap joomuk nopunde ap jirugi)					
Forefist middle front punch (ap joomuk kaunde ap jirugi)					
Forefist low front punch (ap joomuk najunde ap jirugi)					
b. Front snap kick (apcha busigi)					
4. Fundamental exercises:					
a. Four direction punch (saju jirugi)					
b. Four direction block (saju makgi)					
5. Theory					
Korean, heights, techniques, dobok, dojang					
Founder of Taekwon-Do					
Belt colour, white					
Tenets					
Oath					