International Taekwon-Do Glendowie

Gup syllabus sheet

Grade **2nd gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Vertical stance (soojik sogi),					
vertical ready stance (soojik junbi sogi)					
b. Close ready stance C (moa junbi sogi C)					
c. Sliding (mikulgi)					
2. Defensive techniques:					
a. Palm pushing block (sonbadak miro makgi)					
b. Side front block (yobap makgi)					
c. Front checking kick (apcha momchugi)					
d. Side checking kick (yopcha momchugi)					
3. Offensive techniques:					
a. Upward punch (ollyo jirugi)					
b. Knifehand downward strike (sonkal naeryo taerigi)					
c. Side elbow thrust (yop palkup tulgi)					
d. Mid-air kick (twio dolmyo chagi)					
e. Flying kicks (twimyo chagi)					
Flying reverse hooking kick,					
flying twisting kick,					
4. Fundamental exercise:					
a. Four direction thrust (saju tulgi)					
5. Pattern: Hwa-Rang Tul – 29 movements					
6. Sparring: a. One step sparring (ilbo matsogi)					
Flying reverse hooking kick,					
flying twisting kick,					
mid-air kick					
b. Free sparring (jayu matsogi)					
footwork, advanced					
counter attacks, advanced					
sudden attack, advaced					
combinations, advanced					
flying techniques, intermediate					
ringcraft, advanced					
7. Self defence:					
a. Defence against common attacks					
pushed from the front					
straight punch					
haymaker punch					
hook					
uppercut					
street kick					
body tackle					
b. Release as per Hwa-Rang, mov. 11					
8. Destruction:					
Flying turning kick,					
flying side piercing kick,					
flying back piercing kick					
9. Theory					
Korean, intermediate blocks					
Pattern history, Toi-Gye					
Explain tenets					