International Taekwon-Do Glendowie

Gup syllabus sheet

Grade **3rd gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Defensive techniques:					
a. X-fist pressing block (kyocha joomuk noollo makgi)					
b. W-shape block (single defence) (san makgi)					
c. Double forearm low pushing block (doo palmok najunde miro makgi)					
d. Knifehand low guarding block (sonkal najunde daebi makgi)					
e. Flying crescent kick (twimyo bandal chagi)					
2. Offensive techniques:					
a. Upset fingertip thrust (dwijibun sonkut tulgi)					
b. Backfist side back strike (dung joomuk yopdwi taerigi)					
c. Twin side elbow thrust (sang yop palkup tulgi)					
d. Upward kick (ollyo chagi)					
e. Flying kicks (twimyo chagi)					
Flying back piercing kick,					
flying reverse turning kick,					
flying vertical kick					
3. Pattern: Toi-Gye Tul – 37 movements					
4. Sparring: a. One step sparring (ilbo matsogi) – flying kicks					
Flying back piercing kick,					
flying reverse turning kick,					
flying vertical kick					
b. Free sparring (jayu matsogi)					
footwork, intermediate					
counter attacks, intermediate					
sudden attack, intermediate					
combinations, intermediate					
flying techniques, basic					
ringcraft, intermediate					
6. Self defence: defence from grabs from behind					
grab to the shoulders, being pulled or pushed					
grab to the hair from the rear					
bear hug from behind with arms free					
bear hug from behind over arms above elbow					
bear hug from behind over arms below elbow					
grab around the waist or shoulders					
side headlock					
rear stranglehold					
7. Destruction:					
Front snap kick (16yo+)					
turning kick (16yo+)					
side piercing kick					
8. Theory					
Korean, intermediate blocks					
Pattern history, Toi-Gye					
Tenets, explanations					