International Taekwon-Do Glendowie

Gup syllabus sheet

Grade **4th gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Low stance (nachuo sogi),					
low ready stance (nachuo junbi sogi)					
b. Rear foot stance (dwit bal sogi),					
rear foot ready stance (dwit bal junbi sogi)					
c. Close ready stance B (moa junbi sogi B)					
d. Foot shifting (jajun bal) – single foot					
2. Defensive techniques:					
a. Reverse knifehand side block (sonkal dung yop makgi)					
b. Palm upward block (sonbadak ollyo makgi)					
c. X-fist rising block (kyocha joomuk chookyo makgi)					
d. Palm pressing block (sonbadak noollo makgi)					
e. U-shape block (digutja makgi)					
3. Offensive techniques:					
a. Upper elbow strike (wi palkup taerigi)					
b. Twin fist vertical punch (sang joomuk sewo jirugi)					
c. Twin fist upset punch (sang joomuk dwijibo jirugi)					
d. Angle punch (giokja jirugi)					
e. Flying kicks (twimyo chagi)					
Flying front snap kick,					
flying turning kick,					
flying side piercing kick					
4. Pattern: Joong-Gun Tul – 32 movements					
5. Sparring: a. One step sparring (ilbo matsogi) – flying kicks					
Flying front snap kick,					
flying turning kick,					
flying side piercing kick					
b. Free sparring (jayu matsogi)					
footwork, intermediate					
counter attacks, basic					
sudden attack, basic					
combinations, basic					
ringcraft, basic					
6. Self defence:					
a. 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					
b. Release as per Joong-Gun, movs. 15 & 18					
7. Destruction:					
Knifehand side strike (16yo+)					
reverse knifehand strike (16yo+)					
front elbow strike					
8. Theory					
Korean, intermediate stances					
Pattern history, Joong-Gun					
Belt colour, blue					
Taekwon-Do in New Zealand					