International Taekwon-Do Glendowie

Gup syllabus sheet

Grade **5th gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. X-stance (kyocha sogi),					
x-ready stance (kyocha junbi sogi)					
b. Jumping (twigi)					
cover distance					
avoid a low attack					
2. Defensive techniques:					
a. Twin knifehand block (sang sonkal makgi)					
b. Double forearm block (doo palmok makgi)					
c. Palm hooking block (sonbadak golcho makgi)					
d. Hooking kick (golcho chagi)					
3. Offensive techniques:					
a. Front elbow strike (ap palkup taerigi)					
b. Back snap kick (dwitcha busigi)					
c. Side pushing kick (yopcha milgi)					
d. Vertical kick (sewo chagi)					
inward (anuro)					
outward (bakuro)					
e. Twisting kick (bituro chagi)					
4. Pattern: Yul-Gok Tul – 38 movements					
5. Sparring: a. Two step sparring (ibo matsogi)					
1. Walking stance middle punch, low front snap kick					
2. Side piercing kick, step forward L-stance reverse punch					
3. L-stance knifehand side strike, side turning kick					
b. Free sparring (jayu matsogi)					
footwork, basic					
blocking, basic					
hand attacks					
foot attacks					
counter attacks, drills					
6. Self defence: grabs to the front of the body (locks optional)					
one hand lapel grab					
two hand lapel grab and pulled					
two hand lapel grab and pushed					
one hand throat/shoulder grab					
two hand throat/shoulder grab					
grab to the hair from the front					
bear hug from the front					
7. Theory					
Korean, intermediate kicks					
Pattern history, Yul-Gok					
What is Taekwon-Do?					
Student/Instructor relationship, students					