International Taekwon-Do Glendowie

Gup syllabus sheet

Grade **7th gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Defensive techniques:					
a. Outer forearm side block (pakat palmok yop makgi)					
b. Outer forearm wedging block (pakat palmok hechyo makgi)					
c. Outer forearm inward block (pakat palmok anuro makgi)					
2. Offensive techniques:					
a. Reverse punch (bandae jirugi)					
b. Straight fingertip thrust (sun sonkut tulgi)					
c. Backfist side strike (dung joomuk yop taerigi)					
d. Back piercing kick (dwitcha jirugi)					
3. Pattern: Do-San Tul – 24 movements					
4. Sparring: a. Three step sparring (sambo matsogi)					
i) One way, with companion, foot techniques					
Front snap kick,					
turning kick,					
side piercing kick					
ii) Two way, alone and with companion					
5. Self defence:					
a. Release from grabs to the wrists					
same side arm low					
opposite side arm low					
two hands to one arm low					
two hands to two arms low					
same side arm up					
two hands to two arms up					
two hands to one arm up					
b. Release as per Do-San, mov. 7					
6. Theory					
Korean, basic kicks					
Pattern history, Do-San					
Rules, inside the dojang					