International Taekwon-Do Glendowie

Gup syllabus sheet

Grade **8th gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Defensive techniques:					
a. Forearm rising block (palmok chookyo makgi)					
b. Knifehand side block (sonkal yop makgi)					
c. Twin forearm block (sang palmok makgi)					
d. Knifehand guarding block (sonkal daebi makgi)					
2. Offensive techniques:					
a. Knifehand side strike (sonkal yop taerigi)					
b. Reverse knifehand strike (sonkal dung taerigi)					
c Side turning kick (yop dollyo chagi)					
d. Side piercing kick (yopcha jirugi)					
3. Pattern: Dan-Gun Tul – 21 movements					
4. Sparring: a. Three step sparring (sambo matsogi)					
i) One way, with companion, hand techniques					
Knifehand side block,					
knifehand side strike,					
reverse knifehand strike					
5. Self defence: 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					
6. Theory					
Korean, hand parts					
Pattern history, Dan-Gun					
Belt colour, yellow					
Rules, entering the dojang					
Stance measurements					