



# TAEKWONDO GRADING SYLLABUS

**(Blue Belt)**



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## Overview

In this document you will find all the necessary criteria to pass your grading. It covers a range of areas from forms and self-defences to kicks and blocks.

Please read through each section carefully, in each section there will be the test that you will have to perform in your grading including your passing criteria for each section.

Links to the forms and self-defences are included in this document for your convenience.

These tests designed by Head Instructor John Tsoutis are in place to challenge you to the best of your ability and follow the grading guidelines set at Red Dragon Taekwondo.

Note: A Pass rate of 70% is required for you to move up in your rank and receive your new belt.



## Class Requirements

Minimum number of classes attended

20

Classes must be attended between each grading

## Passing Criteria

1. Recorded attendance at a minimum of 12 classes
2. All classes attended must occur before the date of the grading the student wishes to attend
3. All classes attended must have occurred after the students last grading



## Forms

Blue Belt Form Is Called Taeguk 5

Blue Belt Form

High Blue Belt Form Is Called Taeguk 6

High Blue Belt Form

Students must perform this form with a basic knowledge and understanding of the stances and techniques in the form.

### Passing Criteria

1. Understanding and execution of Long stance (Feet and body positioning)
2. Understanding and execution of short stance (Feet and body positioning)
3. Execution of a punch (Power and accuracy)
4. Good change of direction (No mistakes)
5. Powerful Kihap (Power and intent)
6. Fewer than 3 major mistakes



## Self Defences

### Self Defence 1

Punch 1- Step Forward Punch

### Self Defence 2

Punch 2- Step Forward Punch

### Self Defence 3

Bear Hug 1- Bear Hug Defence

### Self Defence 4

Bear Hug 2- Bear Hug Defence

### Self Defence 5

Headlock 1- Headlock Defence

### Self Defence 6

Headlock 2- Headlock Defence

## Passing Criteria

1. Good body positioning (Choosing the right angles of attack)
2. Proper technique with locks (Twisting and manipulating opponents wrist etc)
3. Good distance management between yourself and your opponent
4. Powerful techniques
5. Good sense of urgency



## Blocking Techniques

### Blocking Techniques May Include

Back Stance Knife, Reverse Punch	Fwd Stance Middle Block, Side Neck Attack	Double Knife, Reverse Punch
Front Foot Snap Kick, Backfist	Fwd Stnce High Block, Throat Attack	

Students are tested on Stance accuracy, Blocking accuracy and focus, looking at target and not fidgeting

### Passing Criteria

1. Good execution of stances
2. Good execution of blocks
3. Correct hand positioning during the techniques
4. Powerful snap and good Kihap
5. Using the right part of the hand or the arm to block





## Kicking Techniques

### Kicking Techniques May Include

Back Foot Knee Hold, Jump Roundhouse	Back Foot Lift, Push Back, Counter R/H	180 Roundhouse Kick
Front Foot Crescent, Back Foot Roundhouse	Skipping Downheel, Roundhouse	Hook Kick

Students are tested on Bouncing, Kick Height and power, looking at target and staying focussed

### Passing Criteria

1. Good fighting stance (Hands up and bouncing)
2. Good execution of the kicks (Good height, Target, Technique)
3. Good Recovery (Pull back and into fighting stance after the kick)
4. Good power and kihap
5. Eyes on target (Not taking eyes off target while kicking)





## One Step Sparring (han bun kyorugi)

Students must demonstrate basic one step sparring techniques and show an understanding of how to evade with a block. They must also show accuracy, power and control with their techniques. E.G. Step Back middle block, trap the arm snap kick to the stomach and elbow to the face. (Students to demonstrate Sweeps as well)

### Passing Criteria

1. Students must demonstrate good movement to avoid a punch
2. Good strong middle block
3. Good execution of a trap and striking technique
4. Good powerful kihap



## Board Breaking

Students must demonstrate a board breaking technique with either a standing or skipping motion. E.G. Skipping Side Kick. This will be done in the air and your technique, speed and power will be tested.

### Passing Criteria

1. Good Technique
2. Good Target
3. Good Power
4. Good Recovery

Students will demonstrate this kick in the air and the assessor will judge if it is good enough to break a board



## Sparring

### Students Must Demonstrate

8 x 1 Minute Rounds		
Good Fighting Stance	Eyes On Target	Good Combinations
Advanced Movement	Good Blocking	Good "Kihap"

Students are tested on their ability to apply blocking and kicking techniques in a contact setting

### Passing Criteria

1. Good Bouncing (Stay on your toes and not flat footed)
2. Good Fighting Stance (Hands up, Eyes on target, Bouncing)
3. Good kicking technique and target (Good target with kicks, Good kick placement and recovery)
4. Good combinations (Chaining together multiple kicks and punches)
5. Good power and Kihap



Note: With sparring any student who is over blue belt is required to do full contact sparring as this is apart of their development as a martial artist. Therefore we do require everyone to have their own protective equipment including chestguards etc.

The link below is to our starters sparring pack where they have everything they need for contact sparring included in the pack

(Starters sparring pack)

<https://www.reddragontkd.net/webstore#!/MTX-Branded-Sparring-Pack/p/262652677/category=48069137>



## Terminology

### Students Must Show Understanding Of

Pa Run Yop Chagi	Pa Run Yop Chuggi	Skipping Side Kick
Dwi Chagi	Dwi Chuggi	Back Kick
Edan Ap Chagi	Idan Up Chuggi	Jumping Snap Kick
Dollyo Chagi	Dollyo Chuggi	Roundhouse Kick

Students must learn and demonstrate basic knowledge or these terms and revise with the instructor during grading.