



TAEKWONDO GRADING SYLLABUS

(White 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 are 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 60% is required for you to move up in your rank and receive your new belt.



Class Requirements

Minimum number of classes attended

12

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

White Belt Form Is Called Chun Ji Heung White 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 Forward stance (Feet and body positioning)
2. Understanding and execution of back 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

Wrist Grab 1- Same Side Grab

Self Defence 2

Wrist Grab 2- Cross Hand Grab

Self Defence 3

Wrist Grab 3- Double Hand Grab

Self Defence 4

Defence 4- Buddy Self Defence

Students must perform these self defences with knowledge and understanding on how to properly get out of these holds.

Passing Criteria

1. Good body positioning (Choosing the right angles of attack)
2. Good wrist manipulation (Understanding pivot points and weak spots)
3. Good distance management (How far they are away from their attacker)
4. Good Power (Kihap and intent of defence)



Blocking Techniques

Blocking Techniques May Include

Low Section Block (Forward Stance)	Middle Block (Forward Or Back Stance)	High Section Block (Forward Or Back Stance)
Palm Strike (Forward Stance)	Punch (Forward Stance)	Knife Strike (Forward Stance)

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



Kicking Techniques

Kicking Techniques May Include

Down Heel Or Axe Kick	Snap Kick	Side Kick
Crescent Kick	Roundhouse Kick	Jump Snap Kick

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

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)



Sparring

Students Must Demonstrate

2 x 1 Minute Rounds		
Good Fighting Stance	Eyes On Target	Good Combinations
Basic Movement	Good Blocking	Good "Kihap"

Students are tested on their ability to demonstrate basic footwork and kicking combinations

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 students are not required to do full contact sparring until they are blue belts, but they do have the option of doing so. If this is something you would like to we require that everyone have their own sparring gear

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

Charyut	Chari-Yut	Attention
Kyungnet	Kyung-Yee	Bow
Joob Bi	Chun-Bee	Ready Stance
Si Jak	Si Jak	Begin
Kalyo	Kal-Eeo	Break Or Step

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