



# TAEKWONDO GRADING SYLLABUS

**(Yellow 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 65% 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

Yellow Belt Form Is Called Taeguk 1

Yellow Belt Form

High Yellow Belt Form Is Called Taeguk 2

High Yellow 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

Collar Grab 1- Double Hand Grab

### Self Defence 2

Collar Grab 2- Double Hand Grab

### Self Defence 3

Rear Choke 3- Grab from Behind

### Self Defence 4

Shoulder Grab- One Hand Grab and  
Punch

### Self Defence 5

Push Defence- Two Hand Block  
and Strike

## 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



## Blocking Techniques

### Blocking Techniques May Include

Double Knife Guarding Blocks (Back Stance)	Low Section Block (Forward Stance)	High Section Block (Forward Stance)
Double Punch (Forward Stance)	Side of Neck Attack (Forward Stance)	Backfist Temple Attack (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

Skipping Side Kick	Snap Kick	Side Kick
Front Foot Roundhouse Kick	Roundhouse Kick	Short 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)





## Sparring

### Students Must Demonstrate

4 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

Sohgi	Soggy	Stance
Koobi	Koobi	Knee Bent Stance
Ahp Sohgi	Up Soggy	Short Stance
Ahp Koobi	Up Koobi	Long Stance
Dwit Koobi	Dwit Koobi	Back Stance

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