International Taekwon-Do

Gup syllabus sheet

Grade **2nd gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Vertical stance (soojik sogi),					
vertical ready stance (soojik junbi sogi)					
b. Close ready stance C (moa junbi sogi C)					
c. Sliding (mikulgi)					
2. Defensive techniques:					
a. Palm pushing block (sonbadak miro makgi)					
b. Side front block (yobap makgi)					
c. Front checking kick (apcha momchugi)					
d. Side checking kick (yopcha momchugi)					
3. Offensive techniques:					
a. Upward punch (ollyo jirugi)					
b. Knifehand downward strike (sonkal naeryo taerigi)					
c. Side elbow thrust (yop palkup tulgi)					
d. Mid-air kick (twio dolmyo chagi)					
e. Flying kicks (twimyo chagi)					
Flying reverse hooking kick,					
flying twisting kick,					
4. Fundamental exercise:					
a. Four direction thrust (saju tulgi)					
5. Pattern: Hwa-Rang Tul – 29 movements					
6. Sparring: a. One step sparring (ilbo matsogi)					
Flying reverse hooking kick,					
flying twisting kick,					
mid-air kick					
b. Free sparring (jayu matsogi)					
footwork, advanced					
counter attacks, advanced					
sudden attack, advaced					
combinations, advanced					
flying techniques, intermediate					
ringcraft, advanced					
7. Self defence:					
a. Defence against common attacks					
pushed from the front					
straight punch					
haymaker punch					
hook					
uppercut					
street kick					
body tackle					
b. Release as per Hwa-Rang, mov. 11					
8. Destruction:					
Flying turning kick,					
flying side piercing kick,					
flying back piercing kick					
9. Theory					
Korean, intermediate blocks					
Pattern history, Toi-Gye					
Explain tenets					

International Taekwon-Do

Gup syllabus sheet

Grade **3rd gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Defensive techniques:					
a. X-fist pressing block (kyocha joomuk noollo makgi)					
b. W-shape block (single defence) (san makgi)					
c. Double forearm low pushing block (doo palmok najunde miro makgi)					
d. Knifehand low guarding block (sonkal najunde daebi makgi)					
e. Flying crescent kick (twimyo bandal chagi)					
2. Offensive techniques:					
a. Upset fingertip thrust (dwijibun sonkut tulgi)					
b. Backfist side back strike (dung joomuk yopdwi taerigi)					
c. Twin side elbow thrust (sang yop palkup tulgi)					
d. Upward kick (ollyo chagi)					
e. Flying kicks (twimyo chagi)					
Flying back piercing kick,					
flying reverse turning kick,					
flying vertical kick					
3. Pattern: Toi-Gye Tul – 37 movements					
4. Sparring: a. One step sparring (ilbo matsogi) – flying kicks					
Flying back piercing kick,					
flying reverse turning kick,					
flying vertical kick					
b. Free sparring (jayu matsogi)					
footwork, intermediate					
counter attacks, intermediate					
sudden attack, intermediate					
combinations, intermediate					
flying techniques, basic					
ringcraft, intermediate					
6. Self defence: defence from grabs from behind					
grab to the shoulders, being pulled or pushed					
grab to the hair from the rear					
bear hug from behind with arms free					
bear hug from behind over arms above elbow					
bear hug from behind over arms below elbow					
grab around the waist or shoulders					
side headlock					
rear stranglehold					
7. Destruction:					
Front snap kick (16yo+)					
turning kick (16yo+)					
side piercing kick					
8. Theory					
Korean, intermediate blocks					
Pattern history, Toi-Gye					
Tenets, explanations					

International Taekwon-Do

Gup syllabus sheet

Grade **4th gup**

Name

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Low stance (nachuo sogi),					
low ready stance (nachuo junbi sogi)					
b. Rear foot stance (dwit bal sogi),					
rear foot ready stance (dwit bal junbi sogi)					
c. Close ready stance B (moa junbi sogi B)					
d. Foot shifting (jajun bal) – single foot					
2. Defensive techniques:					
a. Reverse knifehand side block (sonkal dung yop makgi)					
b. Palm upward block (sonbadak ollyo makgi)					
c. X-fist rising block (kyocha joomuk chookyo makgi)					
d. Palm pressing block (sonbadak noollo makgi)					
e. U-shape block (digutja makgi)					
3. Offensive techniques:					
a. Upper elbow strike (wi palkup taerigi)					
b. Twin fist vertical punch (sang joomuk sewo jirugi)					
c. Twin fist upset punch (sang joomuk dwijibo jirugi)					
d. Angle punch (giokja jirugi)					
e. Flying kicks (twimyo chagi)					
Flying front snap kick,					
flying turning kick,					
flying side piercing kick					
4. Pattern: Joong-Gun Tul – 32 movements					
5. Sparring: a. One step sparring (ilbo matsogi) – flying kicks					
Flying front snap kick,					
flying turning kick,					
flying side piercing kick					
b. Free sparring (jayu matsogi)					
footwork, intermediate					
counter attacks, basic					
sudden attack, basic					
combinations, basic					
ringcraft, basic					
6. Self defence:					
a. Defence from grabs from behind					
grab to the shoulders, being pulled or pushed					
grab to the hair from the rear					
bear hug from behind with arms free					
bear hug from behind over arms above elbow					
bear hug from behind over arms below elbow					
grab around the waist or shoulders					
side headlock					
rear stranglehold					
b. Release as per Joong-Gun, movs. 15 & 18					
7. Destruction:					
Knifehand side strike (16yo+)					
reverse knifehand strike (16yo+)					
front elbow strike					
8. Theory					
Korean, intermediate stances					
Pattern history, Joong-Gun					
Belt colour, blue					
Taekwon-Do in New Zealand					

International Taekwon-Do

Gup syllabus sheet

Grade **5th gup**

Name

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. X-stance (kyocha sogi),					
x-ready stance (kyocha junbi sogi)					
b. Jumping (twigi)					
cover distance					
avoid a low attack					
2. Defensive techniques:					
a. Twin knifehand block (sang sonkal makgi)					
b. Double forearm block (doo palmok makgi)					
c. Palm hooking block (sonbadak golcho makgi)					
d. Hooking kick (golcho chagi)					
3. Offensive techniques:					
a. Front elbow strike (ap palkup taerigi)					
b. Back snap kick (dwitcha busigi)					
c. Side pushing kick (yopcha milgi)					
d. Vertical kick (sewo chagi)					
inward (anuro)					
outward (bakuro)					
e. Twisting kick (bituro chagi)					
4. Pattern: Yul-Gok Tul – 38 movements					
5. Sparring: a. Two step sparring (ibo matsogi)					
1. Walking stance middle punch, low front snap kick					
2. Side piercing kick, step forward L-stance reverse punch					
3. L-stance knifehand side strike, side turning kick					
b. Free sparring (jayu matsogi)					
footwork, basic					
blocking, basic					
hand attacks					
foot attacks					
counter attacks, drills					
6. Self defence: grabs to the front of the body (locks optional)					
one hand lapel grab					
two hand lapel grab and pulled					
two hand lapel grab and pushed					
one hand throat/shoulder grab					
two hand throat/shoulder grab					
grab to the hair from the front					
bear hug from the front					
7. Theory					
Korean, intermediate kicks					
Pattern history, Yul-Gok					
What is Taekwon-Do?					
Student/Instructor relationship, students					

International Taekwon-Do

Gup syllabus sheet

Grade **6th gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Bending stance (guburyo sogi),					
bending ready stance A (guburyo junbi sogi A)					
b. Fixed stance (gojung sogi),					
fixed ready stance (gojung junbi sogi)					
c. Close stance (moa sogi),					
close ready stance A (moa junbi sogi A)					
2. Defensive techniques:					
a. Inner forearm circular block (an palmok dollimyo makgi)					
b. Palm downward block (sonbadak naeryo makgi)					
c. Crescent kick (bandal chagi)					
3. Offensive techniques:					
a. Fixed stance obverse punch (gojung so baro jirugi)					
b. Knifehand inward strike (sonkal anuro taerigi)					
c. Downward kick (naeryo chagi)					
d. Pick shape kick (gokaeng-i chagi)					
e. Reverse turning kick (bandae dollyo chagi)					
f. Reverse hooking kick (bandae dollyo gorochagi)					
4. Pattern: Won-Hyo Tul – 28 movements					
5. Sparring: a. Two step sparring (ibo matsogi)					
1. Walking stance middle punch, low front snap kick					
2. Side piercing kick, step forward L-stance reverse punch					
3. L-stance knifehand side strike, side turning kick					
b. Free sparring (jayu matsogi)					
footwork, basic					
blocking, basic					
hand attacks, drills					
foot attacks, drills					
6. Self defence: grabs to the front of the body (locks optional)					
one hand lapel grab					
two hand lapel grab and pulled					
two hand lapel grab and pushed					
one hand throat/shoulder grab					
two hand throat/shoulder grab					
grab to the hair from the front					
bear hug from the front					
7. Theory					
Korean, basic blocks					
Pattern history, Won-Hyo					
Belt colour, green					
Rules, dress for training					

International Taekwon-Do

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					

International Taekwon-Do

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					

International Taekwon-Do

Gup syllabus sheet

Grade **9th gup**

Name

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Sitting stance (annun sogi),					
sitting ready stance (annun junbi sogi)					
b. L-stance (niunja sogi),					
L-ready stance (niunja junbi sogi)					
c. Spot turning (gujari dolgi)					
pivoting on the front foot					
pivoting on the rear foot					
stepping the front foot on the midline					
step turning (omgyo didimyo dolgi)					
forward step turning clockwise					
forward step turning counter-clockwise					
backward step turning clockwise					
backward step turning counter-clockwise					
2. Defensive techniques:					
a. Forearm guarding block (palmok daebi makgi)					
b. Side rising kick (yopcha olligi)					
3. Offensive techniques:					
a. Side front snap kick (yobap cha busigi)					
b. Turning kick (dollyo chagi)					
c. Flat fingertip thrust (opun sonkut tulgi)					
4. Pattern: Chon-Ji Tul – 19 movements					
5. Sparring: a. Three step sparring (sambo matsogi)					
i) One way, alone, hand techniques					
inner forearm side block,					
front punch,					
flat fingertip thrust					
6. Theory					
Korean, basic stances					
Korean, 1-10					
Pattern history, Chon-Ji					

International Taekwon-Do

Gup syllabus sheet

Grade **10th gup**

Name _____

	Learn	Progress			Achieved
		1	2	3	
1. Stances:					
a. Attention stance (charyot sogi),					
Bow (kyong ye)					
b. Parallel stance (narani sogi),					
Parallel ready stance (narani junbi sogi)					
c. Walking stance (gunnun sogi),					
Walking ready stance (gunnun junbi sogi)					
d. Single stepping - forward (nagagi)					
Forward (nagagi)					
Backward (duruogi)					
2. Defensive techniques:					
a. Forearm low block (palmok najunde makgi)					
b. Knifehand low block (sonkal najunde makgi)					
c. Inner forearm side block (an palmok yop makgi)					
d. Front rising kick (apcha olligi)					
3. Offensive techniques:					
a. Forefist front punch					
Forefist high front punch (ap joomuk nopunde ap jirugi)					
Forefist middle front punch (ap joomuk kaunde ap jirugi)					
Forefist low front punch (ap joomuk najunde ap jirugi)					
b. Front snap kick (apcha busigi)					
4. Fundamental exercises:					
a. Four direction punch (saju jirugi)					
b. Four direction block (saju makgi)					
5. Theory					
Korean, heights, techniques, dobok, dojang					
Founder of Taekwon-Do					
Belt colour, white					
Tenets					
Oath					