



2 January 2017 / Version. 1
I.T.F. SINGAPORE ALLIANCE LTD.
GRADING AND TRAINING SYLLABUS
For Colour Belts



For 10th Gup (White Belt)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory fundamental movements:	Four-directional punch (<i>saju jirugi</i>) Four-directional block (<i>saju makgi</i>)	Sine wave, weight shift, and the theory of power.	1 - 12
(b)	Hand techniques: (moving forward and backward 4 times each)	Sitting stance middle front punch (<i>Annun So Kaunde Ap Jirugi</i>) Walking stance middle front punch (<i>Gunnun So Kaunde Ap Jirugi</i>) Walking stance forearm low block (<i>Gunnun So Palmok Najunde Makgi</i>) Walking stance inner forearm middle block (<i>Gunnun So An Palmok Kaunde Makgi</i>) Walking stance forearm rising block (<i>Gunnun So Palmok Chukyo Makgi</i>) L-stance knife-hand middle side strike (<i>Niunja So Sonkal Kaunde Yop Taerigi</i>)	L-stance inner forearm middle block (<i>Niunja So An Palmok Kaunde Makgi</i>) L-stance forearm guarding block (<i>Niunja So Palmok Daebi Makgi</i>) L-stance knife-hand guarding block (<i>Niunja So Sonkal Daebi Makgi</i>)	1 - 4
(c)	Foot techniques:	Front rising kick (<i>Apcha Olligi</i>) [stationary walking stance / arms at side] Front snap kick (<i>Apcha Bulsigi</i>) [stationary walking stance / arms at side] Side piercing kick (<i>Yopcha Jirugi</i>) [stationary L-stance forearm guarding block]	Turning Kick (<i>Dollyo Chagi</i>) Back Piercing Kick (<i>Dwitbal Chagi</i>)	2 onwards
(d)	Theory and Do:	1. What is the meaning of Taekwon-Do? Tae = to jump or smash with the foot Kwon = to punch with the hand or fist Do = an art, a way of life 2. Who is the founder of Taekwon-Do? General Choi Hong Hi 3. When was it founded?	Tenets of Taekwon-Do Attacking tools of hand and foot techniques Explain qualities of 6. humility 7. resilience and the relevance to Taekwon-Do, and the use of skills.	8 onwards

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		11 April 1955 4. Meaning of white belt. Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do. 5. Terminology for Attention = chariot Ready = junbi Bow = kyongye Start = sijak Stop = guman		
(e)	Sparring		3-step sparring without partner Sparring drills Light sparring	8 onwards
(f)	Self-Defence Technique		Break falling (front, back and side) Elbow press Wrist throw	8 onwards

For 9th Gup (White Belt, Yellow Tip)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Chon-Ji Tul	Revise fundamental movements.	1 - 12
(b)	Hand techniques: [moving forward and backward 4 times each]	L-stance inner forearm middle block (<i>Niunja So An Palmok Kaunde Makgi</i>) L-stance knife hand middle guarding block (<i>Niunja So Sonkal Kaunde Daebi Makgi</i>) L-stance forearm middle guarding block (<i>Niunja So Palmok Kaunde Daebi Makgi</i>)	L-stance twin forearm block (<i>Niunja So Sang Palmok Makgi</i>) L-stance twin knife-hand block (<i>Niunja So Sang Sonkal Makgi</i>) <i>"Dwi-ro Tora"</i>	1 - 4
(c)	Foot	Side piercing kick (<i>Yopcha Jirugi</i>)	Front snap kick using the in-step and knee as the attacking tool	2 onwards

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	Category	Grading Syllabus	Training Syllabus*	Week
	techniques: [L-stance forearm middle guarding block, moving forward and backward 4 times each]	Turning kick (<i>Dollyo Chagi</i>)	Jumping versions of all kicks in the previous grade. Special techniques – Jumping rising kick, Flying side kick	
(d)	Sparring:	3-step sparring (<i>sambo matsogi</i>) without partner	Sparring Drills Light Sparring	8 onwards
(e)	Theory:	<ol style="list-style-type: none"> State the history and meaning of Chon-Ji. Literally means “heaven and earth”. In the Orient it is interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern practised by the beginner. The pattern consists of 2 similar parts, one to represent the heaven and the other to represent the earth. Number of movements and which foot returns at last movement. 19; the left foot returns. Conduct in the dojang. <ul style="list-style-type: none"> Upon entering the dojang, bow to the ITF flag on the wall. Bow to the instructor at proper distance. Exchange greetings between students. Bow to the instructor upon falling in line before training. Recite the oath prior to training. Meditate for 1 minute sitting cross-legged after training. Bow to the instructor upon falling in line again prior to dismissal. Bow to the ITF flag before leaving the dojang. Meaning of white belt. Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do. 	<p>Starting and ending at the same spot for patterns.</p> <p>Spacing in stances and weight distribution. Purpose.</p> <p>Theory of Power</p> <ol style="list-style-type: none"> Concentration Speed / Acceleration Balance Reaction force Mass Breath Control <p>Reason for pre-arranged sparring.</p>	8 onwards

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		5. Terminology for 3-step sparring = sambo matsogi To your spot = baro Training hall = dojang Uniform = dobok At ease = swiyo		
(f)	Measuring techniques for power breaking:	Front punch (Obverse and reverse) Front snap kick	Turning kick Side piercing kick	8 onwards
(g)	Self-Defence Techniques:	Break falling (front, back and side) Elbow press Wrist throw	Application for Elbow press, Wrist throw Wrist lock Bent arm joint lock Forward wrist throw	8 onwards

For 8th Gup (Yellow Belt)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Dan-Gun Tul Chon-Ji Tul	Revise fundamental movements	1 - 12
(b)	Hand techniques: [moving forward and backward 4 times each]	Walking stance high front punch (<i>Gunnun So Nopunde Ap Jirugi</i>) Walking stance forearm low block followed by forearm rising block in a continuous motion (<i>Gunnun So Palmok Najunde Makgi ; Gunnun So Palmok Chukyo Makgi</i>) L-stance twin forearm block (<i>Niunja So Sang Palmok Makgi</i>)	L-stance twin knife-hand block Walking stance straight finger-tip thrust Walking stance back fist high side strike	1 - 4
(c)	Foot techniques: [L-stance]	Back piercing kick (<i>Dwitcha Jirugi</i>) Front snap kick followed by turning kick (different foot) (<i>Apcha Bulsigi</i> ;	Sliding back piercing kick Back piercing kick followed by turning kick	2 onwards

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	Category	Grading Syllabus	Training Syllabus*	Week
	forearm middle guarding block, moving forward and backward 4 times each]	Dollyo Chagi) Side piercing kick followed by back piercing kick (different foot) (Yopcha Jirugi; Dwitcha Jirugi)	Jumping versions of all previous kicks learned	
(d)	Sparring:	3-step sparring (sambo matsogi) with partner	2-step sparring	8 onwards
(e)	Theory:	<ol style="list-style-type: none"> State the history and meaning of Dan-Gun. Named after the holy Dan-Gun, the legendary founder of Korea in year 2,333 B.C. Number of movements and which foot returns at last movement. 21; the left foot returns. Meaning of yellow belt. Signifies the earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid. Student's oath. <ul style="list-style-type: none"> I shall observe the tenets of Taekwon-Do. I shall respect the instructor and seniors. I shall never misuse Taekwon-Do. I shall be a champion of freedom and justice. I shall build a more peaceful world. Terminology for One = hana Two = tul Three = set Four = Net Five = Tasot Dismiss = Haesan Shout = kihap 	<p>Patterns judging criteria</p> <ol style="list-style-type: none"> Precision Power Balance Rhythm Breath Control <p>Sine wave</p>	8 onwards
(f)	Measuring techniques for power	Turning kick Knife-hand strike Elbow strike	Breaking for Front snap kick Breaking for Elbow strike If the student is an adult, breaking for middle front punch, and knife	8 onwards

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	Category	Grading Syllabus	Training Syllabus*	Week
	breaking:		hand side strike	
(g)	Self-Defence techniques	Break falling (front, back and side) Elbow press Wrist throw Wrist lock Bent arm joint lock Forward wrist throw	Hammer lock Elbow wrist joint lock Leg sweep	8 onwards

For 7th Gup (Yellow Belt, Green Tip)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Do-San Tul Dan-Gun Tul	Revise Chon-Ji and Fundamental Movements	1 - 12
(b)	Hand techniques: [moving forward and backward 4 times each]	Walking stance outer forearm high side block (<i>Gunnun So Bakat Palmok Nopunde Yop Makgi</i>) Walking stance middle front punch followed by reverse middle front punch in a fast motion (<i>Gunnun So Kaunde Baro Ap Chirugi; Gunnun So Kaunde Bandae Ap Chirugi</i>) Walking stance straight fingertip thrust (<i>Gunnun So Sun Sonkut Tulgi</i>) Walking stance back fist high strike (<i>Gunnun So Dung Joomuk Nopunde Taerigi</i>) Walking stance outer forearm high wedging block (<i>Gunnun So Bakat Palmok Nopunde Hecho Makgi</i>) Sitting stance knife hand middle side strike (<i>Annun So Sonkal Kaunde Yop Taerigi</i>)	Walking stance inner forearm wedging block Walking stance upset fingertip thrust Walking stance flat fingertip thrust Combination movements Front snap kick followed by 2 punches Ditto with all other kicks	1 - 4

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	Category	Grading Syllabus	Training Syllabus*	Week
(c)	Foot techniques: [L-stance forearm middle guarding block, moving forward and backward 4 times each]	Pressing kick followed by side kick (same foot) Turning kick followed by back kick (different foot)		2 onwards
(d)	Sparring:	2-step sparring (<i>ilbo matsogi</i>) Free sparring (<i>jayu matsogi</i>)	Mirror kicking Sparring drills Light sparring	8 onwards
(e)	Theory:	<ol style="list-style-type: none"> State the history and meaning of Do-San. Named after pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movements. Number of movements and which foot returns at last movement. 24; the right foot returns. Composition of Taekwon-Do. Fundamental Movements, Dallyon (Physical Training), Self-defence, Sparring, Patterns Lines and sections in Taekwon-Do. 1 centre line, 2 chest lines and 2 shoulder lines. High, middle and low sections. When was ITF formed? 22 March 1966 Terminology for Patterns = Tuls Assistant Instructor = Boo Sabum-nim Instructor = Sabum-nim 	Sparring rules and judging criteria Experience as a judge Being aware of other forms of martial arts, and respect of other martial arts. Revision of qualities of humility. About the Founder of Taekwon-Do, General Choi Hong Hi.	8 onwards

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		About turn = dwiro tora 1-step sparring = Ilbo matsogi Without counting = Kuryong opshi		
(f)	Measuring techniques for power breaking:	Side kick Back-fist side strike Back piercing kick	Breaking for the same.	8 onwards
(g)	Power breaking:	Front kick (1 plastic board : ½ inch wooden board) Elbow strike (1 plastic board: ½ inch wooden board)	Stationary turning kick. Knife hand side strike	8 onwards
(h)	Self-Defence Technique	Break falling (front, back and side) Elbow press Wrist throw Wrist lock Bent arm joint lock Forward wrist throw Hammer lock Elbow wrist joint lock Leg sweep	Hip throw Shoulder throw	8 onwards

For 6th Gup (Green Belt)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Won-Hyo Tul Do-San Tul	Revise Chon-Ji, Dan-Gun and Fundamental Movements	1 - 12
(b)	Hand techniques: [moving forward and backward 4 times each]	L-stance knife-hand high inward strike (<i>Niunja So Sonkal Nopunde Anuro Taerigi</i>) Fixed stance middle punch (<i>Gojung So Kaunde Jirugi</i>) Walking stance inner forearm circular block (<i>Gunnun So An Palmok</i>)	Reverse knife-hand strikes Revise twin forearm / knifehand blocks	1 - 4

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		<i>Dollimyo Makgi)</i>		
(c)	Foot techniques: [L-stance forearm middle guarding block, moving forward and backward 4 times each]	Reverse Turning Kick (<i>Bandae Dollyo Chagi</i>) Turning kick followed by back kick (different foot) (<i>Dollyo Chagi; Dwitcha Jirugi</i>) Twisting kick (<i>Bituro Chagi</i>)	Combination kicks – turning, reverse turning, jumping reverse turning kick Consecutive kicks – Turning kick at low, middle and high levels.	2 onwards
(d)	Sparring:	2-step sparring (<i>ilbo matsogi</i>) Free sparring (<i>jayu matsogi</i>) at least 2 times against same grade	Sparring drills Light sparring Training of no contact, semi-contact drills for self-defence routine / Model sparring	8 onwards
(e)	Theory:	<ol style="list-style-type: none"> State the history and meaning of Won-Hyo. Named after the monk who introduced Buddhism to the Silla dynasty in year 686 A.D. Number of movements and which foot returns at last movement. 28; the right foot returns. List the facings in Taekwon-Do. <ul style="list-style-type: none"> Front (full) Half Side Rear Meaning of Green Belt. Signified the plant's growth as the Taekwon-Do skill begins to develop. List the tenets of Taekwon-Do. Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit 	Commence training students on Korean commands for all other movements. Correlation of footwork with facing, balance, and power.	8 onwards

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		6. Terminology for Free sparring = Jayu Matsogi High = Nopunde Middle = Kaunde Low = Najunde Front = Ap Side = Yop Back = Dwit		
(f)	Measuring techniques for power breaking:	Stationary twisting kick (<i>Bituro Chagi</i>) Reverse knife hand strike (<i>Sonkal Dung Makgi</i>)		8 onwards
(g)	Power breaking:	Stationary Turning kick (1 plastic board : ½ inch wooden board) Knife-hand side strike (1 plastic board: ½ inch wooden board)	Stationary side piercing kick (1 plastic board : ½ inch wooden board) Stationary front punch (1 plastic board: ½ inch wooden board)	8 onwards
(h)	Self-Defence techniques:	Break falling (front, back and side) Elbow press Wrist throw Wrist lock Bent arm joint lock Forward wrist throw Hammer lock Elbow wrist joint lock Leg sweep Hip throw Shoulder throw (i.e. 10 basic locks and throws)	Application of Elbow press on 1 attacks Application of Wrist throw on 1 attacks	8 onwards

For 5th Gup (Green Belt, Blue Tip)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Yul-Gok Tul Won-Hyo Tul	Revise Chon-Ji, Dan-Gun, Do-San and Fundamental Movements	1 - 12

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	Category	Grading Syllabus	Training Syllabus*	Week
		<i>Another pattern of your own choice</i>		
(b)	Hand techniques: [moving forward and backward 4 times each]	Walking stance palm obverse / reverse hooking block (<i>Gunnun So Sonbadak Baro / Bandae Golcho Makgi</i>) Walking stance front elbow strike (<i>Gunnun So Ap Palkup Taerigi</i>) L-stance twin knife-hand block (<i>Niunja So Sang Sonkal Makgi</i>) Walking stance double forearm high block (<i>Gunnun So Doo Palmok Nopunde Makgi</i>)	Elbow strikes Teach grabbing basics	1 - 4
(c)	Foot techniques: [L-stance forearm middle guarding block, moving forward and backward 4 times each]	Front snap kick followed by turning kick (same foot) Sliding side kick Note: Back leg kick while sliding forward Downward kick (<i>Naeryo Chagi</i>)	Pressing kick followed by side piercing kick Sliding side kick followed by sliding back kick Pick shaped kick	2 onwards
(d)	Sparring:	1-step sparring (<i>ilbo matsogi</i>) Free sparring (<i>jayu matsogi</i>) at least 2 times against same grade	Sparring drills Light sparring Training of no contact, semi-contact drills for self-defence routine / Model sparring	8 onwards
(e)	Theory:	1. State the history and meaning of Yul-Gok. Named after pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 degrees latitude and the diagram represents "scholar". 2. Number of movements and which foot returns at last movement. 38; the left foot returns. 3. Significance and meaning of the ITF plaque.	Confucianism philosophy Start teaching Korean commands for all movements learnt to this belt.	8 onwards

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		<p>Shape of a turtle signifies longevity-perseverance in achieving a goal. The six colours represent the colour of the belts.</p> <p>4. Motions in Taekwon-Do Natural, Fast, Slow, Continuous and Connecting.</p> <p>5. Terminology for Towards the Assistant Instructor = Boo Sabum-nim Geh Towards the Instructor = Sabum-nim Geh Punch = Jirugi Strike = Taerigi Kick = Chagi Block = Makgi Forearm = Palmok</p>		
(f)	Measuring techniques for power breaking:	Stationary downward kick (<i>Naeryo Chagi</i>) Reverse turning kick (<i>Bandae Dollyo Chagi</i>)	Stationary twisting kick (1 plastic board : ½ inch wooden board) Knife-hand downward strike (1 plastic board: ½ inch wooden board)	8 onwards
(g)	Power breaking:	Stationary side piercing kick (1 plastic board : ½ inch wooden board) Stationary front punch (1 plastic board: ½ inch wooden board)	Stationary downward kick (<i>Naeryo Chagi</i>) Reverse turning kick (<i>Bandae Dollyo Chagi</i>)	8 onwards
(h)	Self-Defence techniques:	10 Basic Locks and Throws Application of Elbow press on 1 type of attack Application of Wrist throw on 1 type of attack <i>[Note: Take down not required.]</i>	Application of Elbow press on 2 attacks Application of Wrist throw on 2 attacks Application of Wrist lock on 1 attack Application of Bent Arm Joint Lock on 1 attack	8 onwards

For 4th Gup (Blue Belt)

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(a)	Compulsory Patterns:	Joong-Gun Tul Yul-Gok Tul <i>Another pattern of your own choice</i>	Revise Chon-Ji, Dan-Gun, Do-San, Won-Hyo and Fundamental Movements	1 – 12
(b)	Hand techniques: [moving forward and backward 4 times each]	L-stance reverse knife-hand outward block (<i>Niunja So Sonkal Dung Bakuro Makgi</i>) Walking stance upper elbow strike (<i>Gunnun So Wipalgup Taerigi</i>) Walking stance twin fist high vertical punch (<i>Gunnun So Sang Joomuk Sewo Jirugi</i>) Rear foot stance palm upward block (<i>Dwitbal So Sonbadak Ollyo Makgi</i>) Walking stance twin fist upset punch (<i>Gunnun So Sang Joomuk Dwijibo Jirugi</i>) Low stance palm pressing block (<i>Nachuo So Sonbadak Noollo Makgi</i>)	Teach / Revise attacking tools of different movements. Teach the difference between palm upward blocks (<i>Ollyo Makgi</i>) and scooping blocks (<i>Duro Makgi</i>) Revise stances – their length, width and weight distribution	1 - 4
(c)	Foot techniques: [L-stance forearm middle guarding block, moving forward and backward 4 times each]	Side kick followed by sliding side kick (same foot) (<i>Yopcha Jirugi; Yopcha Jirugi</i>) Turning kick followed by reverse turning kick (different foot) (<i>Dollyo Chagi; Bandae Dollyo Chagi</i>) Flying front kick (with rear foot) (<i>Twimyo Apcha Busigi</i>)	Combination techniques with hand techniques Drills to strengthen knee joints and ankle joints	2 onwards
(d)	Sparring:	1-step sparring (<i>ilbo matsogi</i>) Free sparring (<i>jayu matsogi</i>) at least 2 times against same grade	Sparring drills Light sparring Foot sparring Training of no contact, semi-contact drills for self-defence routine / Model sparring	8 onwards

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(e)	Theory:	<ol style="list-style-type: none"> State the history and meaning of Joong-Gun. Named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea known as the man who played the leading part in the Korea-Japan merger. The 32 movements in the pattern represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910. Number of movements and which foot returns at last movement. 32; the left foot returns. Meaning of blue belt. Signified the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses. Significance and meaning of the logo at the back of dobok shirt. Symbolises an evergreen tree which is tenacity as it retains its green colour throughout all seasons and never stops growing. Thus we must cultivate this and never stop training and reaching our full potential. Theory of power. Reaction Force, Concentration, Equilibrium, Breath Control, Mass, Speed. Terminology for Knife-hand = Sonkal Twisting = Bituro Reverse = Bandae Flying = Twimyo Turning = Dollyo 	<p>Confucianism philosophy</p> <p>Start teaching Korean commands for all movements learnt to this belt.</p>	8 onwards
(g)	Power breaking:	<p>Stationary twisting kick (1 plastic board: ½ inch wooden board)</p> <p>Knife-hand downward strike (1 plastic board: ½ inch wooden board)</p>	<p>Walk up one step Downward kick (1 plastic board: 1 inch wooden board)</p> <p>Reverse knife-hand strike (1 plastic board: ½ inch wooden board)</p>	8 onwards
(h)	Self-Defence techniques:	<p>10 Basic Locks and Throws</p> <p>Application of Elbow press on 2 types of attacks</p>	<p>Application of Elbow press on 3 attacks</p> <p>Application of Wrist throw on 3 attacks</p>	8 onwards

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	Category	Grading Syllabus	Training Syllabus*	Week
		Application of Wrist throw on 2 types of attacks Application of Wrist lock on 1 type of attack Application of Bent Arm Joint Lock on 1 type of attack <i>[Note: Take down not required.]</i>	Application of Wrist lock on 2 attack Application of Bent Arm Joint Lock on 2 attack Application of Forward Wrist Throw on 1 attack	

For 3rd Gup (Blue Belt, Red Tip)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Toi-Gye Tul Joong-Gun Tul <i>Another pattern of your own choice</i>	Revise Chon-Ji, Dan-Gun, Do-San, Won-Hyo, Yul-Gok and Fundamental Movements	1 - 12
(b)	Hand techniques: [moving forward and backward 4 times each]	Walking stance upset finger tip low thrust (<i>Gunnun So Dwijibun Sonkut Najunde Tulgi</i>) Walking stance X-fist pressing block (<i>Gunnun So Kyocha Joomuk Noollo Makgi</i>) Sitting stance outer forearm W-shape block (<i>Annun So Bakat Palmok San Makgi</i>) L-stance knife-hand low guarding block (<i>Niunja So Sonkal Najunde Daebi Makgi</i>) L-stance double forearm pushing block (<i>Niunja So Doopalmok Najunde Miro Makgi</i>) Walking stance flat fingertip high thrust (<i>Gunnun So Opun Sonkut Nopunde</i>)	Revise all fingertip thrusts and attacking tools Work on balance in performance of W-shape block Low, Middle and High Guarding Blocks	1 - 4

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	Category	Grading Syllabus	Training Syllabus*	Week
		<i>Tulgi)</i>		
(c)	Foot techniques: [L-stance forearm middle guarding block, moving forward and backward 4 times each]	Flying turning kick (<i>Twimyo Dollyo Chagi</i>) Reverse turning kick (moving up one step to execute) (<i>Bandae Dollyo Chagi</i>) Flying back kick (<i>Twimyo Dwitcha Jirugi</i>)	360s Back side piercing kicks	2 onwards
(d)	Sparring:	1-step sparring (<i>ilbo matsogi</i>) Foot sparring (<i>bal matsogi</i>) Free sparring (<i>jayu matsogi</i>) at least 2 times against same grade	Sparring drills Light sparring Training of no contact, semi-contact drills for self-defence routine / Model sparring	8 onwards
(e)	Theory:	<ol style="list-style-type: none"> State the history and meaning of Toi-Gye. Pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confuciansim. The 37 movements represent his birthplace at 37 degrees latitude, and the diagram represents scholar. Number of movements and which foot returns at last movement. 37; the right foot returns. Basic vital spots. Number of patterns in Taekwon-Do and reason. 24 – representing 24 hours, 1 day, or all hours of General Choi Hong Hi's life. Philosophy of Taekwon-Do Terminology for Separate = Haechyo Time-stop = Jung-ji Warning = Ju ui [Comment: syllabus says kyong ko. I think this 	Confucianism philosophy Start teaching Korean commands for all movements learnt to this belt. Tournament rules for sparring	8 onwards

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	Category	Grading Syllabus	Training Syllabus*	Week
		is wrong. Please comment.] Win = sung Continue = Kae sok Red = Hong Blue = Chong Master = Sahyun Grandmaster = Sasung Disqualified = Sil kyuk		
(g)	Power breaking:	Walk up one step Downward kick (1 plastic board : 1 inch wooden board) Reverse knife-hand strike (1 plastic board: ½ inch wooden board)	Stationary back kick (1 plastic board : 1 inch wooden board) Stationary reverse turning kick (1 plastic board : 1 inch wooden board) Downward punch (3 tiles) Knife-hand side strike (1 plastic board : 1 inch wooden board)	8 onwards
(h)	Self-Defence techniques:	10 Basic Locks and Throws Application of Elbow press on 3 types of attacks Application of Wrist throw on 3 types of attacks Application of Wrist lock on 2 types of attacks Application of Bent Arm Joint Lock on 2 types of attacks [Note: Take down not required.]	Application of Elbow press, Wrist throw, Wrist lock, Bent arm joint lock on 3 attacks each Application of Forward Wrist Throw on 2 attacks Application of Hammer Lock on 1 attack Application of Elbow Wrist Joint Lock on 1 attack	8 onwards

For 2nd Gup (Red Belt)

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Hwa-Rang Tul Toi-Gye Tul Another pattern of your own choice; Another pattern of examiner's choice	Revise Chon-Ji, Dan-Gun, Do-San, Won-Hyo, Yul-Gok, Choong-Gun and Fundamental Movements	1 - 12

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	Category	Grading Syllabus	Training Syllabus*	Week
(b)	Hand techniques: [moving forward and backward 4 times each]	Sitting stance palm pushing block (<i>Annun So Sonbadak Miro Makgi</i>) L-stance upward punch (<i>Niunja So Ollyo Jirugi</i>) L-stance obverse punch (<i>Niunja So Baro Jirugi</i>) L-stance side elbow thrust (<i>Niunja So Yop Palkup Tulgi</i>)	Teach palm strikes Teach elbow thrusts	1 - 4
(c)	Foot techniques: [L-stance forearm middle guarding block, moving forward and backward 4 times each]	Flying back hook kick (<i>Twimyo Dollyo Goro-chagi</i>) Flying side kick (<i>Bandae Yopcha Jirugi</i>) (moving one step forward to execute) Back hook kick followed by turning kick (<i>Dollyo Goro-chagi; Dollyo Chagi</i>)	Teach hooking kicks Teach flying side kicks	2 onwards
(d)	Sparring:	3, 2, and 1-step sparring (<i>ilbo matsogi</i>) with modelled take down Free sparring (<i>jayu matsogi</i>) at least 4 times against same grade and against one higher grade 1 time	Sparring drills Light sparring Training of no contact, semi-contact drills for self-defence routine / Model sparring	
(e)	Theory:	1. State the history and meaning of Hwa-Rang. Named after the Hwa-rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity. 2. Number of movements and which foot returns at last movement. 29; the right foot returns. 3. Tournament rules and point system 4. Moral Culture 5. Meaning of Red Belt.	Confucianism philosophy Start teaching Korean commands for all movements learnt to this belt. Mock competitions for umpiring experience.	8 onwards

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	Category	Grading Syllabus	Training Syllabus*	Week
		<p>Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.</p> <p>6. Terminology for Close ready stance = Moa Junbi Sogi Parallel ready stance = Narani Junbi Sogi Attention stance = Charyot Sogi Walking stance = Gunnun Sogi L-stance = Niunja Sogi Sitting stance = Annun Sogi Rear stance = Dwibal Sogi X-stance = Kyocha Sogi</p>		
(f)	Power breaking:	Stationary back kick (1 plastic board : 1 inch wooden board) Stationary reverse turning kick (1 plastic board : 1 inch wooden board) Downward punch (3 tiles) Knife-hand side strike (1 plastic board : 1 inch wooden board)	Fore-fist punch (1 plastic board : 1 inch wooden board) Knife-hand strike (1 plastic board : 1 inch wooden board) Side piercing kick (1 plastic board : 1 inch wooden board) Back piercing kick (1 plastic board : 1 inch wooden board) Flying high kick (1 plastic board : 1 inch wooden board)	8 onwards
(g)	Self-Defence techniques:	10 Basic Locks and Throws Application of Elbow press, Wrist throw, Wrist lock, Bent arm joint lock on 3 types of attacks each Application of Forward Wrist Throw on 2 types of attacks Application of Hammer Lock on 1 type of attack Application of Elbow Wrist Joint Lock on 1 type of attack <i>[Note: Take down not required.]</i>	Application of Elbow press, Wrist throw, Wrist lock, Bent arm joint lock on 3 attacks each Application of Forward Wrist Throw, Hammer Lock, Elbow Wrist Joint Lock on 2 attacks each Application of Leg Sweep, Hip Throw and Shoulder Throw on 1 attack	8 onwards

For 1st Gup (Red Belt, Black Tip)

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*[Red Belt, Black Tips are to assist for **at least 6 months** before recommendation to 1st Dan. Assisting duties shall include taking classes with supervision of the instructor. Students age 16 and below shall be subject to progressive grading and shall obtain junior black belt status prior to upgrading to senior black belt.]*

	Category	Grading Syllabus	Training Syllabus*	Week
(a)	Compulsory Patterns:	Choong-Moo Tul Hwa-Rang Tul <i>Another pattern of your own choice; Another pattern of examiner's choice</i>	Revise Chon-Ji, Dan-Gun, Do-San, Won-Hyo, Yul-Gok, Choong-Gun, Toi-Gye and Fundamental Movements	Refer to detailed training plan prepared by instructor.
(b)	Hand techniques: <i>[moving forward and backward 4 times each]</i>	Walking stance knife-hand high front strike (<i>Gunnun So Sonkal Nopunde Ap Taerigi</i>) L-stance forearm low block (<i>Niunja So Palmok Najunde Makgi</i>) Walking stance reverse knife-hand high front strike (<i>Gunnun So Son Dung Nopunde Ap Taerigi</i>) Sitting stance forearm middle front block (<i>Annun So Palmok Kaunde Ap Makgi</i>) Sitting stance back fist high side strike (<i>Annun So Dung Joomuk Nopunde Yop Taerigi</i>) L-stance X-knife-hand middle side block (<i>Niunja So Kyocha Sonkal Kaunde Yop Makgi</i>) Walking stance both palms upward block (<i>Gunnun So Doo Sonbadak Ollyo Makgi</i>)	Revise all prior hand techniques, fine tune power	Refer to detailed training plan prepared by instructor.
(c)	Foot techniques: <i>[L-stance forearm middle guarding block, moving forward and backward 4 times each]</i>	Flying back reverse hooking kick (<i>Twimyo Bandae Dollyo Goro-chagi</i>) Flying reverse turning kick (<i>Twimyo Bandae Dollyo Chagi</i>) Flying reverse hooking kick (<i>Twimyo Bandae Dollyo Goro-chagi</i>)	Revise all prior foot techniques, fine tune power.	Refer to detailed training plan prepared by instructor.

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	Category	Grading Syllabus	Training Syllabus*	Week
(d)	Sparring:	3, 2, and 1-step sparring (ilbo matsogi) with modelled take down Free sparring (jayu matsogi) at least 4 times against same grade and against one higher grade 1 time	Assist in performing and planning 1 self-defence routine with supervision of instructor.	Refer to detailed training plan prepared by instructor.
(e)	Theory:	<ol style="list-style-type: none"> State the history and meaning of Choong-Moo. Named after the great Admiral Yi Soon-Sin of the Yi Dynasty. He has reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine. The pattern ends with a left hand attach to symbolise his regrettable death, having no chance to show his unrestrained potential, checked by forced reservation of his loyalty to his king. Number of movements and which foot returns at last movement. 30; the left foot returns. Explanation of above hand and foot techniques. Give a talk on any subject connected to Taekwon-Do for about 5 minutes, followed by a question and answer session from listeners. 	<p>Confucianism philosophy</p> <p>Start teaching Korean commands for all movements learnt to this belt.</p> <p>Mock competitions for umpiring experience.</p> <p>Assist in administration of Taekwon-Do classes / events.</p>	Refer to detailed training plan prepared by instructor.
(f)	Power breaking:	<p>Fore-fist punch (1 plastic board : 1 inch wooden board)</p> <p>Knife-hand strike (1 plastic board : 1 inch wooden board)</p> <p>Side piercing kick (1 plastic board : 1 inch wooden board)</p> <p>Back piercing kick (1 plastic board : 1 inch wooden board)</p> <p>Flying high kick (1 plastic board : 1 inch wooden board)</p> <p>(Note thickness of boards may be adjusted upwards depending on size and weight of the student.)</p>	All previous techniques.	Refer to detailed training plan prepared by instructor.
(g)	Self-Defence techniques:	<p>Application of Elbow press, Wrist throw, Wrist lock, Bent arm joint lock on 3 types of attacks each</p> <p>Application of Forward Wrist Throw, Hammer Lock, Elbow Wrist Joint Lock on 2 types of attacks each</p> <p>Application of Leg Sweep, Hip Throw and Shoulder Throw on 1 type attack</p>	Knife defence techniques	Refer to detailed training plan prepared by instructor.

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	Category	Grading Syllabus	Training Syllabus*	Week
		[Note: Take down is required.]		

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