



I.T.F. SINGAPORE ALLIANCE LTD.  
GRADING SYLLABUS



**WHITE BELT (10<sup>TH</sup> GUP) TO WHITE BELT YELLOW TIP (9<sup>TH</sup> GUP)**

<b>SYLLABUS</b>
<b>FUNDAMENTAL MOVEMENTS</b>
FOUR DIRECTION PUNCH (SAJU JIRUGI)
FOUR DIRECTION BLOCK (SAJU MAKGI)
<b>HAND TECHNIQUES</b>
SITTING STANCE MIDDLE FRONT PUNCH
WALKING STANCE MIDDLE FRONT PUNCH
WALKING STANCE FOREARM LOW BLOCK
WALKING STANCE INNER FOREARM MIDDLE BLOCK
WALKING STANCE FOREARM RISING BLOCK
L-STANCE MIDDLE KNIFE HAND SIDE STRIKE
<b>FOOT TECHNIQUES (FROM WALKING STANCE)</b>
FRONT RISING KICK
FRONT SNAP KICK
SIDE PIERCING KICK
<b>THEORY, GENERAL ATTITUDE AND EFFORT</b>



I.T.F. SINGAPORE ALLIANCE LTD.  
GRADING SYLLABUS



**WHITE BELT YELLOW TIP (9<sup>TH</sup> GUP) TO YELLOW BELT (8<sup>TH</sup> GUP)**

<b>SYLLABUS</b>
<b>FUNDAMENTAL &amp; PATTERN</b>
CHON-JI TUL
SAJU - CHIRUGI / SAJU - MAKGI
<b>HAND TECHNIQUE</b>
L-STANCE INNER FOREARM MIDDLE BLOCK
L-STANCE KNIFE HAND MIDDLE GUARDING BLOCK
L-STANCE FOREARM MIDDLE GUARDING BLOCK
<b>FOOT TECHNIQUE (FROM L-STANCE)</b>
SIDE PIERCING KICK
TURNING KICK
<b>SPARRING SYSTEM</b>
3-STEP SPARRING WITH ABOVE HAND TECHNIQUE
<b>POWER BREAKING: <u>MEASURE ONLY</u></b>
FRONT PUNCH
FRONT SNAP KICK
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (ELBOW PRESS, WRIST THROW)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB



I.T.F. SINGAPORE ALLIANCE LTD.  
GRADING SYLLABUS



**YELLOW BELT (8<sup>TH</sup> GUP) TO YELLOW BELT GREEN TIP (7<sup>TH</sup> GUP)**

<b>SYLLABUS</b>
<b>PATTERN</b>
DAN-GUN
CHON-JI
<b>HAND TECHNIQUE</b>
WALKING STANCE HIGH FRONT PUNCH
WALKING STANCE FOREARM LOW BLOCK FOLLOWED BY FOREARM RISING BLOCK IN CONTINUOUS MOTION
L-STANCE TWIN FOREARM BLOCK
<b>FOOT TECHNIQUE (FROM L-STANCE)</b>
BACK PIERCING KICK
FRONT SNAP KICK FOLLOWED BY TURNING KICK (DIFFERENT FOOT)
SIDE PIERCING KICK FOLLOWED BY BACK PIERCING KICK (DIFFERENT FOOT)
<b>SPARRING SYSTEM</b>
3-STEP SPARRING WITH ABOVE HAND TECHNIQUE
<b>POWER BREAKING: <u>MEASURE ONLY</u></b>
TURNING KICK
KNIFEHAND STRIKE
ELBOW STRIKE
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (WRIST LOCK, BENT ARM JOINT LOCK)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB



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## GRADING SYLLABUS



### YELLOW BELT GREEN TIP (7<sup>TH</sup> GUP) TO GREEN BELT (6<sup>TH</sup> GUP)

SYLLABUS
<b>PATTERN</b>
DO-SAN
DAN-GUN
<b>HAND TECHNIQUES</b>
WALKING STANCE OUTER FOREARM HIGH SIDE BLOCK
WALKING STANCE MIDDLE FRONT PUNCH FOLLOWED BY REVERSE MIDDLE FRONT PUNCH
WALKING STANCE STRAIGHT FINGERTIP THRUST
WALKING STANCE BACK FIST HIGH STRIKE
WALKING STANCE OUTER FOREARM HIGH WEDGING BLOCK
SITTING STANCE KNIFE HAND MIDDLE SIDE STRIKE
<b>FOOT TECHNIQUES (FROM L-STANCE)</b>
PRESSING KICK FOLLOWED BY SIDE KICK (SAME FOOT)
TURNING KICK FOLLOWED BY BACK KICK (DIFFERENT FOOT)
<b>SPARRING SYSTEM</b>
2-STEP SPARRING (FOLLOW ABOVE HAND & FOOT TECHNIQUE)
FREE SPARRING
<b>POWER BREAKING</b>
MEASURE ONLY - SIDE PIERCING KICK
MEASURE ONLY - BACK FIST SIDE STRIKE
MEASURE ONLY - BACK PIERCING KICK
BREAK - FRONT SNAP KICK
BREAK - ELBOW STRIKE
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (FORWARD WRIST THROW, HAMMER LOCK)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB
RELEASE TECHNIQUE FROM DO-SAN (MOVT. 7)



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## GRADING SYLLABUS



### GREEN BELT (6<sup>TH</sup> GUP) TO GREEN BELT BLUE TIP (5<sup>TH</sup> GUP)

SYLLABUS
<b>PATTERN</b>
WON-HYO
DO-SAN
<b>HAND TECHNIQUES</b>
L-STANCE KNIFE-HAND HIGH INWARD STRIKE
FIXED STANCE MIDDLE PUNCH
WALKING STANCE INNER FOREARM CIRCULAR BLOCK
<b>FOOT TECHNIQUES (FROM L-STANCE)</b>
REVERSE TURNING KICK
FRONT REVERSE HOOKING KICK
TWISTING KICK
<b>SPARRING SYSTEM</b>
2-STEP SPARRING (FOLLOW ABOVE HAND & FOOT TECHNIQUE)
FREE SPARRING (2 TIMES AGAINST SAME GRADE)
<b>POWER BREAKING</b>
MEASURE ONLY - STATIONARY TWISING KICK
MEASURE ONLY - REVERSE KNIFE-HAND STRIKE
BREAK - WITH TURNING KICK
BREAK - WITH KNIFE-HAND SIDE STRIKE
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (FORWARD WRIST JOINT LOCK, LEG SWEEP)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB
RELEASE FROM BEAR HUG FROM BEHIND - OVER ARMS
BREAKFALLS - (SIDE, FRONT, BACK, FORWARD ROLL FROM KNEELING POSITION)



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## GRADING SYLLABUS



### GREEN BELT BLUE TIP (5<sup>TH</sup> GUP) TO BLUE BELT (4<sup>TH</sup> GUP)

SYLLABUS
<b>PATTERN</b>
YUL-GOK
WON-HYO
OPTIONAL PATTERN
DESIGNATED PATTERN
<b>HAND TECHNIQUES</b>
WALKING STANCE PALM OBVERSE / REVERSE HOOKING BLOCK FOLLOW BY MIDDLE FRONT PUNCH
WALKING STANCE FRONT ELBOW STRIKE
WALKING STANCE DOUBLE FOREARM HIGH BLOCK
L-STANCE TWIN KNIFE-HAND BLOCK
<b>FOOT TECHNIQUES (FROM L-STANCE)</b>
FRONT SNAP KICK FOLLOWED BY TURNING KICK (SAME FOOT)
SLIDING SIDE KICK (REVERSE TURN BODY)
DOWNWARD KICK
<b>SPARRING SYSTEM</b>
1-STEP SPARRING (FOLLOW ABOVE HAND & FOOT TECHNIQUE)
FREE SPARRING (2 TIMES AGAINST SAME GRADE)
<b>POWER BREAKING</b>
MEASURE - STATIONARY DOWNWARD KICK
MEASURE - REVERSE TURNING KICK
BREAK - STATIONARY SIDE PIERCING KICK
BREAK - STATIONARY FRONT PUNCH
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (HIP THROW, SHOULDER THROW)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB
RELEASE FROM TWO HAND SHOULDER GRAB FROM BEHIND
BREAKFALLS (SIDE, FRONT, BACK, FORWARD ROLL FROM KNEELING POSITION)



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## GRADING SYLLABUS



### BLUE BELT (4<sup>TH</sup> GUP) TO BLUE BELT RED TIP (3<sup>RD</sup> GUP)

SYLLABUS
<b>PATTERN</b>
JOONG-GUN
YUL-GOK
OPTIONAL PATTERN
DESIGNATED PATTERN
<b>HAND TECHNIQUE</b>
L-STANCE REVERSE KNIFE-HAND OUTWARD BLOCK
WALKING STANCE UPPER ELBOW STRIKE
WALKING STANCE TWIN FIST HIGH VERTICAL PUNCH
REAR FOOT STANCE PALM UPWARD BLOCK
WALKING STANCE TWIN FIST UPSET PUNCH
LOW STANCE PALM PRESSING BLOCK
<b>FOOT TECHNIQUE (FROM L-STANCE)</b>
SIDE KICK FOLLOWED BY SLIDING SIDE KICK (SAME FOOT)
TURNING KICK FOLLOWED BY REVERSE TURNING KICK (DIFF FOOT)
JUMPING FRONT KICK (WITH REAR FOOT)
<b>SPARRING SYSTEM</b>
1-STEP SPARRING (FOLLOW ABOVE HAND & FOOT TECHNIQUE)
FREE SPARRING (2 TIMES AGAINST SAME GRADE)
<b>POWER BREAKING: BREAK</b>
STATIONARY TWISTING KICK
STATIONARY SIDE PIERCING KICK
KNIFE-HAND DOWNWARD STRIKE
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (ALL)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB
RELEASE TECHNIQUE FROM JOONG-GUN (MOVT. 15 & 18)
BREAKFALLS - (SIDE, FRONT, BACK, FORWARD ROLL FROM KNEELING POSITION)



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## GRADING SYLLABUS



### BLUE BELT RED TIP (3<sup>RD</sup> GUP) TO RED BELT (2<sup>ND</sup> GUP)

SYLLABUS
<b>PATTERN</b>
TOI-GYE
JOONG-GUN
OPTIONAL PATTERN
DESIGNATED PATTERN
<b>HAND TECHNIQUE</b>
WALKING STANCE UPSET FINGERTIP LOW THRUST
WALKING STANCE X-FIST PRESSING BLOCK
WALKING STANCE FLAT FINGERTIP HIGH THRUST
L-STANCE KNIFE-HAND LOW GUARDING BLOCK
L-STANCE DOUBLE FOREARM PUSHING BLOCK
SITTING STANCE OUTER FOREARM W-SHAPE BLOCK
<b>FOOT TECHNIQUE (FROM L-STANCE)</b>
JUMPING TURNING KICK
REVERSE TURNING KICK (MOVING UP ONE STEP TO EXECUTE)
JUMPING BACK KICK
<b>SPARRING SYSTEM</b>
1-STEP SPARRING (FOLLOW ABOVE HAND & FOOT TECHNIQUE)
FREE SPARRING (2 TIMES AGAINST SAME GRADE)
<b>POWER BREAKING: BREAK</b>
DOWN KICK PERFORMED AFTER TAKING 1 STEP FORWARD
STATIONARY SIDE PIERCING KICK
REVERSE KNIFE-HAND STRIKE
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (ALL)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB
DEFENCE AGAINST STRAIGHT COLLAR GRAB
BREAKFALLS - (SIDE, FRONT, BACK, FORWARD ROLL)





I.T.F. SINGAPORE ALLIANCE LTD.  
GRADING SYLLABUS



**RED BELT (2<sup>ND</sup> GUP) TO RED BELT BLACK TIP (1<sup>ST</sup> GUP)**

SYLLABUS
<b>PATTERN</b>
HWA-RANG
TOI-GYE
OPTIONAL PATTERN
DESIGNATED PATTERN
<b>HAND TECHNIQUES</b>
SITTING STANCE PALM PUSHING BLOCK
L-STANCE UPWARD PUNCH
L-STANCE OBLIQUE PUNCH
L-STANCE SIDE ELBOW THRUST
<b>FOOT TECHNIQUES (FROM L-STANCE)</b>
JUMPING BACK REVERSE HOOKING KICK
JUMPING SIDE KICK (MOVING ONE STEP FORWARD TO EXECUTE)
BACK REVERSE HOOKING KICK FOLLOWED BY TURNING KICK (SAME FOOT)
<b>SPARRING SYSTEM</b>
1-STEP SPARRING (FOLLOW ABOVE HAND & FOOT TECHNIQUE)
FREE SPARRING (4 TIMES AGAINST SAME GRADES, 1 TIME AGAINST HIGHER GRADE)
<b>POWER BREAKING: BREAK</b>
STATIONARY BACK KICK
STATIONARY REVERSE TURNING KICK
DOWNWARD PUNCH
KNIFE-HAND SIDE STRIKE
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (ALL)
APPLICATION OF ABOVE TECHNIQUES FROM OPPOSITE HAND GRAB
RELEASE TECHNIQUE FROM MOV'T. 11 OF HWA-RANG
GRABBING & HOLDING (STANDING, SITTING, LYING DOWN)
BREAKFALLS - (SIDE, FRONT, BACK, FORWARD ROLL FROM STANDING POSITION)



# I.T.F. SINGAPORE ALLIANCE LTD.

## GRADING SYLLABUS



### RED BELT BLACK TIP (1<sup>ST</sup> GUP) TO BLACK BELT 1<sup>ST</sup> DAN

SYLLABUS
<b>PATTERN</b>
CHOONG-MOO
HWA-RANG
OPTIONAL PATTERN
DESIGNATED PATTERN
<b>HAND TECHNIQUES</b>
WALKING STANCE KNIFE-HAND HIGH FRONT STRIKE
L-STANCE FOREARM LOW BLOCK
WALKING STANCE REVERSE KNIFE-HAND HIGH FRONT STRIKE
SITTING STANCE FOREARM MIDDLE FRONT BLOCK
SITTING STANCE BACK FIST HIGH SIDE STRIKE
L-STANCE X-KNIFE-HAND MIDDLE SIDE BLOCK
WALKING STANCE BOTH PALMS UPWARD BLOCK
<b>FOOT TECHNIQUES (FROM L-STANCE)</b>
JUMPING BACK REVERSE HOOKING KICK
JUMPING REVERSE TURNING KICK
<b>SPARRING SYSTEM</b>
1-STEP SPARRING (FOLLOW ABOVE HAND & FOOT TECHNIQUE)
FREE SPARRING X 4 TIMES AGAINST SAME GRADE AND X 1 TIME AGAINST HIGHER GRADE
<b>POWER BREAKING: BREAK</b>
STATIONARY BACK KICK (1 INCH WOODEN BOARD / EQUIVALENT REUSEABLE BOARD)
STATIONARY REVERSE TURNING KICK (1 INCH WOODEN BOARD / REUSEABLE BLACK BOARD)
DOWNWARD PUNCH (1 INCH WOODEN BOARD / REUSEABLE BLACK BOARD)
KNIFE-HAND SIDE STRIKE (1 INCH WOODEN BOARD / REUSEABLE BLACK BOARD)
<b>SELF-DEFENCE</b>
10 BASIC LOCKS (ALL)
APPLICATION ON ABOVE (RELEASE FROM GRAB TO THE WRIST ON OPPOSITE HAND)
GRABBING & HOLDING (STANDING, SITTING & LYING)
BREAKFALLS - (SIDE, FRONT, BACK, FORWARD ROLL FROM STANDING POSITION)
DEFEND AGAINST WEAPON (2 KNIFE ATTACKS)



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**BLACK BELT 1<sup>ST</sup> DAN TO BLACK BELT 2<sup>ND</sup> DAN**

SYLLABUS	
<b>PATTERN</b>	
KWANG GAE	
PO EUN	
GE BAEK	
OPTIONAL PATTERN	
DESIGNATED PATTERN	
<b>HAND TECHNIQUES</b>	
PARALLEL READY STANCE WITH HEAVEN HANDS (ONCE)	
REAR FOOT STANCE KNIFE-HAND HIGH GUARDING BLOCK	
WALKING PALM UPWARD BLOCK (IN SLOW MOTION)	
SITTING STANCE BACK ELBOW THRUST	
X-STANCE FOREARM LOW FRONT BLOCK	
WALKING STANCE DOUBLE ARC-HAND HIGH SIDE BLOCK	
SITTING STANCE 9-SHAPE BLOCK	
<b>FOOT TECHNIQUES (FROM L-STANCE)</b>	
FLYING FRONT KICK FOLLOWED BY TURNING KICK	
TURNING KICK FOLLOWED BY JUMPING 360 TURNING KICK	
FLYING DOUBLE SIDE KICK (HIGH & LOW IN SAME FOOT)	
<b>SPARRING SYSTEM</b>	
FREE SPARRING X 4 TIMES AGAINST SAME GRADE AND X 1 TIME AGAINST HIGHER GRADE	
FREE SPARRING X 1 TIME AGAINST 2 OPPONENTS	
<b>POWER BREAKING: BREAK</b>	
KNIFE HAND STRIKE (2 INCHES WOODEN BOARD / EQUIVALENT REUSEABLE BOARD)	
JUMPING TURNING KICK (1 INCH WOODEN BOARD / EQUIVALENT REUSEABLE BOARD)	
JUMPING HIGH FRONT KICK (1 INCH WOODEN BOARD / EQUIVALENT REUSEABLE BOARD)	
<b>SELF-DEFENCE:</b>	
10 BASIC LOCKS (ALL)	
GRABBING & HOLDING (STANDING, SITTING & LYING)	
BREAKFALLS - (SIDE, FRONT, BACK & FORWARD ROLL)	
DEFEND AGAINST WEAPON (4 KNIFE ATTACKS)	
<b>THEORY (DURING EXAM TEST):</b>	
STATE THE HISTORY & MEANING OF KWANG-GAE, PO-EUN AND GE-BAEK (5 MIN)	
GIVE A TALK ON RESPONSIBILITY OF BEING A BLACK BELT FOR ABOUT 5 MINUTES, FOLLOWED BY A QUESTION AND ANSWER SESSION FROM LISTENERS	