

# **Grading Requirements**

## **10th Kup**

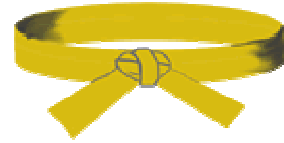
- 1. Sitting Stance Front Punch x 10**
- 2. Front Rising Kick x 10 Right and Left Leg**
- 3. 10 Press-ups**
- 4. Walking Stance Middle Punch x 4 forward**
- 5. Walking Stance Low Block Reverse Punch x 4 (on the spot) then step back and repeat x 4 (on the spot).**
- 6. Walking Stance Middle Block Reverse Punch x 4 (on the spot) step back and repeat x 4 (on the spot).**
- 7. 4 Directional Punch Right & Left Side Low Block**
- 8. 4 Directional Punch Right & Left Side Middle Section Inner Forearm Block**



# **Grading Requirements**

## **9th Kup**

- 1. Sitting Stance Double Punch x 10**
- 2. Front Snap Kick with low side blocks x 4 (on the spot) Change legs & repeat.**
- 3. Walking Stance Double Punch x 4 (on the spot) Step fwd and repeat.**
- 4. L Stance Middle Inner Forearm Block x 4 (on the spot) Step back and repeat**
- 5. L Stance Knife Hand Strike x 4 (on the spot) step fwd and repeat**
- 6. Walking Stance Low Block, Rising Block x 4 (on the spot) step back and repeat.**
- 7. Chon-Ji**



# **Grading Requirements 8th Kup**

- 1. Twin Forearm Block, L Stance x 4 forward & back**
- 2. Front Snap Kick Double Punch x 4 forward**
- 3. L Stance, Inward Block x 4 back**
- 4. Turning Kick Knife Hand Guarding Block x 4  
Forward, step turn and repeat back**
- 5. L Stance, Forearm Guarding Block x 4  
forward & back**
- 6. Chon-Ji**
- 7. Dan Gun**
- 8. 3 Step Sparring 1 – 4**



# **Grading Requirements**

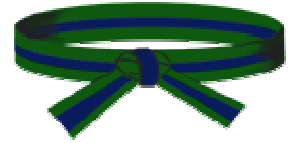
## **7th Kup**

- 1. Walking Stance, Back Fist Side Strike x 4 forward & back**
- 2. Turning Kick, Knife Hand Guarding Block, x 4 forward**
- 3. Turning kick with front leg stepping back x 4**
- 4. Walking Stance Wedging Block 4 times forward & back**
- 5. Side Kick, Forearm Guarding Block x 4 forward, turn around and repeat**
- 6. Walking Stance Spear Finger Thrust x 4 forward & Back**
- 7. Dan Gun**
- 9. Do - San**
- 8. 3 Step Sparring 5 – 7**



# **Grading Requirements 6th Kup**

- 1. Walking Stance, Straight Spear Finger Thrust x 4 forward**
- 2. First 3 Moves of Won - Hyo x 4 back**
- 3. Walking Stance Circular Block x 4 forward**
- 4. Front leg side kick x 4 backward**
- 5. Back kick x 4 forward**
- 6. Dan Gun**
- 7. Do San**
- 8. Won - Hyo**
- 9. 3 Step Sparring 8 – 10**



# **Grading Requirements**

## **5th Kup**

- 1. Walking Stance Knife Hand Block, Reverse Punch x4 fwd**
- 2. Walking Stance Low X Block, Twin Vertical Punch x4 back**
- 3. Walking Stance, Hooking Block, Hooking Block, Obverse Punch x4 fwd**
- 4. L Stance twin knife hand block x4 Back**
- 5. Back Leg side Kick x4 fwd**
- 6. Step turn, Back Leg hooking Kick x4**
- 7. Reverse side kick x 4 fwd**
- 8. Front leg pressing kick, side kick combination landing leg to rear x4 back**
- 9. Choice Pattern**
- 10. Set Pattern**
- 11. Yul Gok**
- 12. 2 Step Sparring 1 – 4**



# **Grading Requirements 4th Kup**

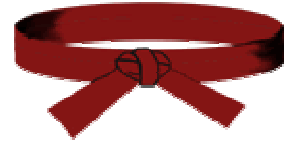
- 1. Free Sparring**
- 2. L Stance reverse knife hand block x 4 fwd**
- 3. L Stance knife hand guard, walking stance upper elbow strike x 4 back**
- 4. Reverse side kick x4 fwd**
- 5. Step turn, reverse turning kick x4**
- 6. Rear leg double turning kick x 4 fwd**
- 7. Step turn rear leg snap kick, turning kick combination**
- 8. Choice Pattern**
- 9. Set Pattern**
- 10. Joong Gun**
- 11. 2 Step Sparring 5 – 8**



# **Grading Requirements**

## **3rd Kup**

- 1. Free Sparring**
- 2. L Stance inner forearm block, walking stance upset fingertip thrust x4 fwd**
- 3. Walking stance X pressing block, twin fist vertical punch x4 back**
- 4. Stamping into Sitting stance W-shape block x4 fwd**
- 5. Walking Stance double forearm block x4 back**
- 6. Reverse turning kick x4 fwd**
- 7. Step turn, rear leg axe kick, land reverse snap punch**
- 8. Step turn Front leg double side kick hopping forwards**
- 9. Step turn and repeat other leg**
- 10. Choice Pattern**
- 11. Set Pattern**
- 12. Toi Gye**
- 13. 1 Step Sparring – Basic**



# **Grading Requirements**

## **2nd Kup**

- 1. Free sparring**
- 2. First Two Moves of Toi Gye x4 fwd**
- 3. Walking Stance, X Knife Hand Block Low Section, X Knife Hand Block High Section x4 Back**
- 4. L Stance Back Fist Release, Walking Stance Reverse Punch x4 fwd**
- 5. Front leg Pressing kick, side kick combination, land L-stance knifehand side strike x4 back**
- 6. Snap kick, turning kick combination, land backfist strike, reverse punch, guard x4 fwd**
- 7. Step turn, hook kick side kick combination x4**
- 8. Step turn, reverse hooking kick x 4**
- 9. Step turn, Jumping Snap Kicks (Back Leg) Landing in Fighting Stance, x4**
- 10. Step turn, Jumping Turning Kick, Landing in Fighting Stance, x4**
- 11. Step turn, Jumping Back Kick, Landing in Fighting Stance, x4**
- 12. 3 Patterns**
- 13. Hwa Rang**
- 14. 2 step or 3 step sparring (Alternate on each group)**
- 15. 1 Step Sparring - Advanced**