

Red belt black tag

1ST KUP LINEWORK

FWD - THREE MOVES WON HYO

BWD - DOUBLE HOOKING BLOCK OBV PUNCH

FWD - K HAND GUARDING BLOCK UPPER ELBOW STRIKE

BWD - X LOW BLOCK TWIN V PUNCH

FWD - GRAB THEN KNEE STRIKE

BWD - CIRCLE BLOCK OBV PUNCH

FWD - L STANCE INWARD BLOCK B FIST STRIKE ELBOW STRIKE

BWD - W STANCE UPSET FINGER TIPS THEN LOW BLOCK B FIST STRIKE IN L STANCE

FWD - STEP FORWARD INWARD WAIST BLOCK SPIN BACK KICK REVERSE K H STRIKE

BWD - L STANCE LOW DOUBLE OUTER FOREARM BLOCK

FWD - TWIST KICK LAND IN W STANCE WITH FLAT FINGER TIP THRUST

PATTERN – STUDENTS CHOICE

PATTERN - EXAMINERS CHOICE

PATTERN – EXAMINERS CHOICE

PATTERN – EXAMINERS CHOICE

PATTERN- CHOONG MOO

SET SPARING – 3 OR 2 STEP – EXAMINERS CHOICE

ONE STEP SPARING

FREE SPARING

BREAKING – ONE HAND ANY TECHNIQUE, ONE LEG ANY TECHNIQUE

THEORY

TYPICAL THEORY FOR 1ST KUPS

Theory for your 1st Kup grading typically consists of 3 more questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern and how many movements does it have?

Explain what is happening on the second movement of your pattern?

Why do the jump and spin within you pattern?

Give a brief history of Tae Kwon-Do including all the significant dates

What is the Korean for flying side kick and why use it within your pattern?

Which patterns do jumping movements appear?

What points should be considered when performing a pattern?

What is the Korean for twin upwards palm heel block and what is its purpose?

What is the Korean for reverse knifehand strike and where are you hitting?

What is the difference between a punch, strike and a thrust?

What does the colour Black signify?

How do you think Tae Kwon-Do differs from other Martial Arts?

What is the Korean for Breaking and what is its purpose?

Why do we perform patterns?

What the difference between a coloured belt and a black belt?

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.