

Calling Instructions White grading to Yellow (9th Gup)

(Punching in stance)

Charyot.....Kyongye.

Horsriding stance..... *Junbi*.

Body punch.....Hana, Dul, Set, Net, Dasot, Yosot, Ilgop, Yodolp, Ahop, Yol.

Kuman.....Sho.

(Kicking in stance)

Charyot....Fighting stance..... *Junbi*.

Front kick

.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot....Change,

Roundhouse kick

.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot,

Kuman.....Sho.

(Footwork)

Charyot.... Fighting stance..... *Junbi*.

Diamond step..... Hana, Dul, Set, Net, Dasot, Yosot, Ilgop, Yodolp, Ahop, Yol.

(instructors discretion) **Bouncing, Inching forward, Inching back, Switch,**

Kuman.....Shyo.

(Walking in stance)

Charyot.....Front stance with Low block..... *Junbi*.

Stepping forward with low block

.....Hana, Dul, Set, Net.... turn,Hana, Dul, Set, Net.... turn

Stepping forward with Body punch

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Kuman....Shyo.

(Patterns)

Charyot..... Kibbon with order *Junbi*.....(Hana, Dul, Set, Net – repeating)

Baro..... Shyo.

Calling Instructions

White grading to Yellow (9th Gup)

(Punching mitt routines)

Charyot..... Kyongye..... Fighting stance, *Junbi*.

Punching mitt routine No. 1,
.....Hana, Dul, Set, Net, Dasot.....Change,Hana, Dul, Set, Net, Dasot

Kuman..... change mitt holders.

Charyot.....Fighting stance, *Junbi*.

Punching mitt routine No. 1,
.....Hana, Dul, Set, Net, Dasot.....Change,Hana, Dul, Set, Net, Dasot

Kuman..... Shyo.

(Self Defence)

Charyot.....Kyongye
People on this side, holding your right hand out.

Self defence No. 1.... *Shijak* (repeat) Self defence No. 2..... *Shijak* (repeat)

People on this side, holding your right hand out.

Self defence No. 1..... *Shijak* (repeat) Self defence No. 2..... *Shijak* (repeat)

Charyot.....Kyongye.

Calling Instructions

Yellow grading to Yellow 2 (8th Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 5 push ups, 10 squat kicks, 15 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot..... Kyongye.

Front stance with Low block.....*Junbi*.

Stepping forward with Body block

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Outside body block

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Inside body block

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Face block

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Kuman.... Shyo.

(Kicking in stance)

Charyot.... Fighting stance.....*Junbi*.

Side kick

.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot....Change,

Back kick

.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot....Change,

Axe kick

.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot.

Kuman.....Shyo.

(Patterns)

Charyot..... Kibbon, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot.....Ill Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Calling Instructions

Yellow grading to Yellow 2 (8th Gup)

(Punching mitt routines)

Charyot..... Kyongye..... Fighting stance, *Junbi*.

Punching mitt routine No. 2,
.....Hana, Dul, Set, Net, Dasot.....Change,Hana, Dul, Set, Net, Dasot

Kuman..... change mitt holders.

Charyot.....Fighting stance, *Junbi*.

Punching mitt routine No. 2,
.....Hana, Dul, Set, Net, Dasot.....Change,Hana, Dul, Set, Net, Dasot

Kuman..... Shyo.

(Self Defence)

Charyot.....Kyongye
People on this side,
Right hand to left shoulder..... Self defence No. 1,..... *Shijak*,

Right hand to right shoulder..... Self defence No. 2,..... *Shijak*,

People on this side,
Right hand to left shoulder..... Self defence No. 1,..... *Shijak*,

Right hand to right shoulder..... Self defence No. 2,..... *Shijak*,

Charyot.....Kyongye

(Sparring)

Sparring no contact.

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*.....*Kalyo*,

Charyot, kyongye..... Shake hands.

Calling Instructions

Yellow 2 grading to Yellow 3 (7th Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 5 push ups, 10 squat kicks, 15 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot.... Kyongye.

Front stance with Low block..... *Junbi*.

Stepping forward with Body block, Body punch
.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Outside body block, Body punch
.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Inside body block, Body punch
.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Face block, Body punch
.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Kuman.....Sho.

(Advancing Kicking)

Charyot....._Fighting stance, *Junbi*.

Advancing with Front kick, Roundhouse kick, Side kick, to the body.
.....Hana.....Dul..... TurnHana.....Dul.....Turn

Each kick to the Face
.....Hana.....Dul..... TurnHana.....Dul.....Turn

Kuman..... Shyo.

(Patterns)

Charyot.....Ill Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot..... E Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Calling Instructions

Yellow 2 grading to Yellow 3 (7th Gup)

(Punching mitt routines)

Charyot..... Kyongye..... Fighting stance, *Junbi*.

Punching mitt routine No. 3,
.....Hana, Dul, Set, Net, Dasot.....Change,Hana, Dul, Set, Net, Dasot

Kuman..... change mitt holders.

Charyot.....Fighting stance, *Junbi*.

Punching mitt routine No. 3,
.....Hana, Dul, Set, Net, Dasot.....Change,Hana, Dul, Set, Net, Dasot

Kuman..... Shyo.

(Self Defence – wrist holds)

Charyot.....Kyongye
People on this side attacking.

Your right hand holding their left wrist..... *Shijak*

Your right hand holding their right wrist..... *Shijak*

Both hands holding their right wrist..... *Shijak*

Other Person attacking.

Your right hand holding their left wrist..... *Shijak*

Your right hand holding their right wrist..... *Shijak*

Both hands holding their right wrist..... *Shijak*

Charyot.....Kyongye

(Break Falls)

Break falls from a squatting position.

Going this way.....*Shijak*.....Going this way.....*Shijak*

Charyot..... Kyongye.

(Sparring)

Sparring no contact.

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*.....*Kalyo*,

Charyot, kyongye..... Shake hands.

Calling Instructions

Yellow 3 grading to Blue (6th Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 5 push ups, 10 squat kicks, 15 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot.... Kyongye.

Front stance with Low block..... *Junbi.*

Stepping forward Middle Spearhand

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward Upper Spearhand

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Knifehand Grip

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Palm Heal Strike

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward with Knifehand Chop to Neck

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Stepping forward into back stance with single outside knifehand body block,
lunging into front stance with body punch

.....Hana, Dul, Set, Net.... turn,.....Hana, Dul, Set, Net.... turn

Kuman.....Sho.

Calling Instructions

Yellow 3 grading to Blue (6th Gup)

(Advancing Kicking)

Charyot....._Fighting stance, *Junbi*.

Running Front Kick

.....Hana, Dul..... TurnHana, Dul..... Turn

Running Roundhouse Kick

.....Hana, Dul..... TurnHana, Dul..... Turn

Running Side Kick

.....Hana, Dul..... TurnHana, Dul..... Turn

Running Axe Kick

.....Hana, Dul..... TurnHana, Dul..... Turn

Kuman.....Shyo.

(Patterns)

Charyot..... E Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot..... Sam Jang, Junbi..... *Shijak*.....Baro.... Shyo.

(Punching mitt routines)

Charyot..... Kyongye.....Fighting stance, *Junbi*.

Punching mitt routine No. 3,

.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot

Changing grip for kicking mitt routines.

Kicking mitt routine No.1.....10 Roundhouse kicks in a row, light contact.

Fighting stance, *Junbi*.....*Shijak*

Swapping over mitt holders.....(Repeat entire process)

Calling Instructions

Yellow 3 grading to Blue (6th Gup)

(Self Defence – Hair Grabs and Choke Holds)

Charyot.....Kyongye
People on this side attacking.

Hair grab from the front..... *Shijak*

Hair grab from behind..... *Shijak*

Choke hold from the front..... *Shijak*

Choke hold from behind..... *Shijak*

Other Person attacking, (repeat entire process)

Charyot.....Kyongye

(Sparring)

Sparring no contact.

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*.....*Kalyo*,

Charyot, kyongye..... Shake hands.

Calling Instructions

Blue grading to Blue 2 (5th Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 10 push ups, 15 squat kicks, 20 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot.... Kyongye.....Front stance with Low block..... *Junbi.*

Stepping forward with Swallow Strike

.....Hana, Dul, Set, Net....Stepping Back.....Hana, Dul, Set, Net.

Stepping forward with Downward Block and Middle Spearhand

.....Hana, Dul, Set, Net.... turn,Hana, Dul, Set, Net....turn.

Stepping forward with Body Block, Body Block, Body Punch

.....Hana, Dul, Set, Net.... turn,Hana, Dul, Set, Net....turn.

Kuman.....Sho.

(Kicking)

Charyot....._Fighting stance, *Junbi.*

Double Kicks, Knee, Body

Double Front Kick

.....Hana, Dul,.... TurnHana, Dul,.... Turn

Double Roundhouse Kick

.....Hana, Dul,.... TurnHana, Dul,.... Turn

Double Side Kick

.....Hana, Dul,.... TurnHana, Dul,.... Turn

Front kick to the head off the front foot

.....Hana, Dul,.... TurnHana, Dul,.... Turn

Roundhouse kick to the head off the front foot

.....Hana, Dul,.... TurnHana, Dul,.... Turn

Side kick to the head off the front foot

.....Hana, Dul,.... TurnHana, Dul,.... Turn

Axe kick to the head off the front foot

.....Hana, Dul,.... TurnHana, Dul,.... Turn

Kuman.....Shyo.

Calling Instructions

Blue grading to Blue 2 (5th Gup)

(Patterns)

Charyot..... Sam Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot.....Sa Jang, Junbi..... *Shijak*.....Baro.... Shyo.

(Kicking mitt routines)

Charyot..... Kyongye.....Fighting stance, *Junbi*.

Punching mitt routine No. 3,
.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot.

Changing grip for kicking mitt routines.

Kicking mitt routine No.1.....10 Roundhouse kicks in a row, light contact.
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.2.....Roundhouse, Roundhouse, Back Kick, 6 sets,
Fighting stance, *Junbi*.....*Shijak*

Swapping over mitt holders.....(Repeat entire process)

(Self Defence – bear hugs)

Charyot.....Kyongye
People on this side attacking.

Bear Hug, over the top from the front..... *Shijak*

Bear Hug, underneath from the front..... *Shijak*

Bear Hug, over the top from behind..... *Shijak*

Bear Hug, underneath from behind..... *Shijak*

Other Person attacking, (repeat entire process)

Charyot.....Kyongye

(Sparring)

Sparring no contact.

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*.....*Kalyo*,

Charyot, kyongye..... Shake hands.

Calling Instructions

Blue 2 grading to Blue 3 (4th Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 10 push ups, 15 squat kicks, 20 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot.... Kyongye.

Front stance with Low block, *Junbi*.

Stepping forward into Back Stance with Knifehand Body Block

.....Hana, Dul, Set, Net.....Stepping Back Hana, Dul, Set, Net.

Stepping forward with Knifehand Low Block

.....Hana, Dul, Set, Net.....Stepping Back Hana, Dul, Set, Net.

Stepping forward with Single Knifehand Body Block

.....Hana, Dul, Set, Net.....Stepping Back Hana, Dul, Set, Net.

Stepping forward with Single Knifehand Low Block

.....Hana, Dul, Set, Net.....Stepping Back Hana, Dul, Set, Net.

Stepping forward into back stance with single outside knifehand body block, stepping forward into front stance with assisted elbow strike

.....Hana, Dul.....TurnHana, Dul.....Turn.

Kuman.....Sho.

(Kicking in stance)

Charyot...._Fighting stance.....*Junbi*.

Roundhouse, Spinning Roundhouse

.....Hana, Dul, TurnHana, Dul, Turn

Crescent, Spinning Crescent

.....Hana, Dul, TurnHana, Dul, Turn

Jumping Back Kick on the spot

.....Hana, Dul, Set, Net.

Kuman.....Shyo.

Calling Instructions

Blue 2 grading to Blue 3 (4th Gup)

(Patterns)

Charyot..... Sa Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot.....O Jang, Junbi..... *Shijak*.....Baro.... Shyo.

(Kicking mitt routines)

Charyot..... Kyongye.....Fighting stance, *Junbi*.

Punching mitt routine No. 3,
.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot.

Changing grip for kicking mitt routines.

Kicking mitt routine No.1.....10 Roundhouse kicks in a row, light contact.
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.2.....Roundhouse, Roundhouse, Back Kick, 6 sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.3.....Body, Body, Head Head, 4 Sets,
Fighting stance, *Junbi*.....*Shijak*

Swapping over mitt holders.....(Repeat entire process)

(One Step Sparring)

Charyot..... Kyongye
People on this side attacking.

Body Punch.....*Junbi*

Face Punch..... *Junbi*

Front Kick..... *Junbi*

Roundhouse Kick..... *Junbi*

Other Person attacking (repeat entire process)

Calling Instructions

Blue 2 grading to Blue 3 (4th Gup)

(Self Defence)

Charyot.....Kyongye
People on this side attacking.

Headlock..... *Shijak*

Arm behind the Back..... *Shijak*

Full Nelson..... *Shijak*

Other Person attacking, (repeat entire process)

Charyot.....Kyongye

(Break Falls)

Break falls from a standing position.

Going this way.....*Shijak*.....Going this way.....*Shijak*

Charyot..... Kyongye.

(Sparring)

Sparring no contact.

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*.....*Kalyo*,

Charyot, kyongye..... Shake hands.

Calling Instructions

Blue 3 grading to Red (3rd Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 10 push ups, 15 squat kicks, 20 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot.... Kyongye.

Front stance with Low block, *Junbi*.

Stepping forward into Cat Stance with Knifehand Body Block

.....Hana, Dul, Set, Net.....Stepping BackHana, Dul, Set, Net.

Stepping forward with Knifehand Low Block

.....Hana, Dul, Set, Net.....Stepping Back..... Hana, Dul, Set, Net.

Stepping forward with Single Knifehand Body Block

.....Hana, Dul, Set, Net.....Stepping Back..... Hana, Dul, Set, Net.

Stepping forward with Single Knifehand Low Block

.....Hana, Dul, Set, Net.....Stepping Back..... Hana, Dul, Set, Net.

Stepping forward into Front stance with Palm Heal body block, body punch

..... Hana, Dul, Set, Net.....Stepping Back Hana, Dul, Set, Net.

Kuman.....Shyo.

(Advancing Kicking)

Charyot....._Fighting stance, *Junbi*.

Roundhouse, Spinning Roundhouse, Spinhook

.....Hana, Dul, TurnHana, Dul, Turn

Reverse Roundhouse, Roundhouse on the same leg

.....Hana, Dul, Set, Net, TurnHana, Dul, Set, Net, Turn

Kuman.....Shyo.

(Patterns)

Charyot.....O Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot.....Yuk Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Calling Instructions

Blue 3 grading to Red (3rd Gup)

(Kicking mitt routines)

Charyot..... Kyongye.....Fighting stance, *Junbi*.

Punching mitt routine No. 3,
.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot.

Changing grip for kicking mitt routines.

Kicking mitt routine No.1.....10 Roundhouse kicks in a row, light contact.
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.2.....Roundhouse, Roundhouse, Back Kick, 6 sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.3.....Body, Body, Head Head, 4 Sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.4.....Roundhouse, Roundhouse, Spin Hook, 6 Sets,
Fighting stance, *Junbi*.....*Shijak*

Swapping over mitt holders.....(Repeat entire process)

(One Step Sparring)

Charyot..... Kyongye
People on this side attacking.

Body Punch.....*Junbi*

Face Punch..... *Junbi*

Front Kick..... *Junbi*

Roundhouse Kick..... *Junbi*

Other Person attacking (repeat entire process)

Calling Instructions

Blue 3 grading to Red (3rd Gup)

(Self Defence – Leg Takedowns)

People on this side attacking.

Leg Take Down No.1..... *Shijak*

Leg Take Down No.2..... *Shijak*

Leg Take Down No.3..... *Shijak*

Other Person attacking, (repeat entire process)

(Sparring)

Contact Sparring (no head kicks for juniors).

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*.....*Kalyo*,

Charyot, kyongye..... Shake hands.

(Board Breaking – Axe Kick)

Board thickness (mm) to match as closely to the persons age (years) Either 8mm, 12mm or 19mm
All ladies - maximum of 12mm

Calling Instructions

Red grading to Red 2 (2nd Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 15 push ups, 20 squat kicks, 25 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot.... Front stance with Low block, *Junbi*.

Stepping forward into Front Stance with Scissor Block, Scissor Block
.....Hana, Dul, Set, Net.....Stepping BackHana, Dul, Set, Net

Kuman.....Shyo.

Charyot.... Front stance with Low block, *Junbi*.

Stepping forward into Short Stance with Outside Backfist, Crescent Target Strike,
landing in Horseriding Stance with Elbow Target Strike
.....Hana, Dul, Set, Net.....Going the other way.....Hana, Dul, Set, Net.

Kuman.....Shyo.

Charyot.... Front stance with Low block, *Junbi*.

Stepping forward into Cat Stance with assisted Palm Heal Body Block, Backfist
.....Hana, Dul, Set, Net.....Stepping BackHana, Dul, Set, Net.

Kuman.....Shyo.

(Advancing Kicking)

Charyot....._Fighting stance, *Junbi*.

Advancing, Jumping, Turning Back Kick
.....Hana, Dul, TurnHana, Dul, Turn

Advancing, Jumping, Turning Side Kick
.....Hana, Dul, TurnHana, Dul, Turn

Advancing, Jumping, Turning Spinhook
.....Hana, Dul, TurnHana, Dul, Turn

Kuman.....Shyo.

Calling Instructions

Red grading to Red 2 (2nd Gup)

(Patterns)

Charyot.....Yuk Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot.....Chil Jang, Junbi..... *Shijak*.....Baro.... Shyo.

(Kicking mitt routines)

Charyot..... Kyongye.....Fighting stance, *Junbi*.

Punching mitt routine No. 3,
.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot.

Changing grip for kicking mitt routines.

Kicking mitt routine No.1.....10 Roundhouse kicks in a row, light contact.
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.2.....Roundhouse, Roundhouse, Back Kick, 6 sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.3.....Body, Body, Head Head, 4 Sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.4.....Roundhouse, Roundhouse, Spin Hook, 6 Sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.5.....10 Continuous Roundhouse Kicks,
Fighting stance, *Junbi*.....*Shijak*

Swapping over mitt holders.....(Repeat entire process)

(One Step Sparring)

Charyot..... Kyongye
People on this side attacking.

Body Punch.....*Junbi*

Face Punch..... *Junbi*

Front Kick..... *Junbi*

Roundhouse Kick..... *Junbi*

Other Person attacking (repeat entire process)

Calling Instructions

Red grading to Red 2 (2nd Gup)

(Self Defence – Ground work)

People on this side laying down for Stomp to the Head

..... *Shijak*

Pinning the arms down from the front

..... *Shijak*

Pinning the arms down from the back

..... *Shijak*

Other Person attacking, (repeat entire process)

(Sparring)

Contact Sparring (no head kicks for juniors).

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*.....*Kalyo*,

Charyot, kyongye..... Shake hands.

(Board Breaking – Running Axe Kick)

Board thickness (mm) to match as closely to the persons age (years) Either 8mm, 12mm or 19mm
All ladies - maximum of 12mm

Calling Instructions

Red 2 grading to Red 3 (1st Gup)

(Warm Up)

(Grading exercises)

Grading Exercises, 15 push ups, 20 squat kicks, 25 sit ups.....*Shijak*

(Stretching)

(Walking in stance)

Charyot.... Kyongye.

Front stance with Low block, *Junbi*.

Stepping forward into Front Stance with Middle Spearhand, Upper Spearhand, Knifehand Chop to Neck

.....Hana, Dul, Set, Net.....Turn.....Hana, Dul, Set, Net.

Kuman.....Shyo.

Charyot.....Front stance with Low block, *Junbi*.

Stepping forward into Juchum Seogi with Santul Makgi

.....Hana, Dul, Set, Net.....Going the other wayHana, Dul, Set, Net.

Kuman.....Shyo.

(Advancing Kicking)

Charyot....._Fighting stance, *Junbi*.

Roundhouse, 3 spinning Roundhouse kicks, Spinhook – lands at the back

.....Hana....Turn..... Switch.....Dul..... Turn..... Switch

Crescent kick, 3 spinning Crescents, Spinhook – lands at the back

.....Hana....Turn..... Switch.....Dul..... Turn..... Switch

Kuman.....Shyo.

(Patterns)

Charyot.....Chil Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Charyot..... Pal Jang, Junbi..... *Shijak*.....Baro.... Shyo.

Calling Instructions

Red 2 grading to Red 3 (1st Gup)

(Kicking mitt routines)

Charyot..... Kyongye.....Fighting stance, *Junbi*.

Punching mitt routine No. 3,
.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot.

Changing grip for kicking mitt routines.

Kicking mitt routine No.1.....10 Roundhouse kicks in a row, light contact.
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.2.....Roundhouse, Roundhouse, Back Kick, 6 sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.3.....Body, Body, Head Head, 4 Sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.4.....Roundhouse, Roundhouse, Spin Hook, 6 Sets,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.5.....10 Continuous Roundhouse Kicks,
Fighting stance, *Junbi*.....*Shijak*

Kicking mitt routine No.6.....Roundhouse, Roundhouse same leg, Spin Hook, 6 Sets,
Fighting stance, *Junbi*.....*Shijak*

Swapping over mitt holders.....(Repeat entire process)

(One Step Sparring)

Charyot..... Kyongye
People on this side attacking.

Body Punch.....*Junbi*

Face Punch..... *Junbi*

Front Kick..... *Junbi*

Roundhouse Kick..... *Junbi*

Other Person attacking (repeat entire process)

Calling Instructions

Red 2 grading to Red 3 (1st Gup)

(Self Defence – seated)

Face Punch No.1..... *Junbi.....Shijak*

Face Punch No.2..... *Junbi.....Shijak*

Face Punch No.3..... *Junbi.....Shijak*

Roundhouse Kick..... *Junbi.....Shijak*

Other person attacking, (repeat entire process)

(Sparring)

Contact Sparring (no head kicks for juniors).

Charyot, kyongye..... fighting stance, *Junbi..... Shijak.....Kalyo,*

Charyot, kyongye..... Shake hands.

(Board Breaking – Spinhook)

Board thickness (mm) to match as closely to the persons age (years) Either 8mm, 12mm or 19mm
All ladies - maximum of 12mm

Black Belt Calling

Red 3 to 1st Dan

(Grading exercises)

Grading Exercises, 30 push ups, 40 squat kicks, 50 sit ups followed by your own stretching.....*Shijak*

(Walking in stance)

Charyot.... Kyongye.

Front stance with Low block, *Junbi*.

Excerpt from Koryo

.....Hana, Dul, Set, Net.....Turn.....Hana, Dul, Set, Net.

Kuman.....Shyo.

Charyot.... Front stance with Low block, *Junbi*.

Excerpt from Kuemgang

.....Hana, Dul, Set, Net.....Turn.....Hana, Dul, Set, Net.

Kuman.....Shyo.

(Advancing Kicking)

Charyot....._Fighting stance, *Junbi*.

Triple Kicks, knee, body, head

Front Kick

.....Hana....Dul..... TurnHana....Dul..... Turn

Roundhouse Kick

.....Hana....Dul..... TurnHana....Dul..... Turn

Side Kick

.....Hana....Dul..... TurnHana....Dul..... Turn

Kuman.....Shyo.

Charyot....._Fighting stance, *Junbi*.

Advancing Low Spinning, Middle Spinning, High Spinning

.....Hana....Dul..... TurnHana....Dul..... Turn

Kuman.....Shyo.

Black Belt Calling Red 3 to 1st Dan

(Patterns)

Charyot.....Ill Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot..... E Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot.....Sam Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot..... Sa Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot.....O Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot.....Yuk Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot.....Chil Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot..... Pal Jang, Junbi..... **Shijak**.....Baro.... Shyo.

Charyot.....Koryo.....Tong Milgi Seogi, Junbi.....**Shijak**.....Baro, Shyo

(Koryo step by step in Korean)

(Kicking mitt routines)

Charyot..... Kyongye.....Fighting stance, **Junbi**.

Punching mitt routine No. 3,

.....Hana, Dul, Set, Net, Dasot....Change,Hana, Dul, Set, Net, Dasot.

Changing grip for kicking mitt routines.

Kicking mitt routine No.1.....10 Roundhouse kicks in a row, light contact.

Fighting stance, **Junbi**.....**Shijak**

Kicking mitt routine No.2.....Roundhouse, Roundhouse, Back Kick, 6 sets,

Fighting stance, **Junbi**.....**Shijak**

Kicking mitt routine No.3.....Body, Body, Head Head, 4 Sets,

Fighting stance, **Junbi**.....**Shijak**

Kicking mitt routine No.4.....Roundhouse, Roundhouse, Spin Hook, 6 Sets,

Fighting stance, **Junbi**.....**Shijak**

Kicking mitt routine No.5.....10 Continuous Roundhouse Kicks,

Fighting stance, **Junbi**.....**Shijak**

Kicking mitt routine No.6.....Roundhouse, Roundhouse same leg, Spin Hook, 6 Sets,

Fighting stance, **Junbi**.....**Shijak**

Black Belt Calling

Red 3 to 1st Dan

(One Step Sparring)

Charyot..... Kyongye
People on this side attacking.

Body Punch.....*Junbi*

Face Punch..... *Junbi*

Front Kick..... *Junbi*

Roundhouse Kick..... *Junbi*

Other Person attacking (repeat entire process)

(One Step Self Defence)

Charyot..... Kyongye
People on this side attacking.

Front Kick.....*Junbi* (Repeat)

Roundhouse Kick.....*Junbi* (Repeat)

Other person attacking, (repeat entire process)

(Weapons Self Defence)

Charyot..... Kyongye
People on this side attacking.

Short Knife Stab.....*Junbi.....Shijak* (Repeat)

Reverse Knife Slash.....*Junbi.....Shijak* (Repeat)

Lunging Knife Stab.....*Junbi.....Shijak* (Repeat)

Overhead Club Attack.....*Junbi.....Shijak* (Repeat)

Other person attacking, (repeat entire process)

(Free Flowing Self Defence)

Black Belt Calling

Red 3 to 1st Dan

(Sparring)

Contact Sparring (no head kicks for juniors).

(Bow to entire sparring team)

Charyot, kyongye..... fighting stance, *Junbi*..... *Shijak*

(10x 30 second rounds, 1x two on one round)

(Bow to entire sparring team)

Charyot, kyongye

(Board Breaking – x2 – One must be spinning)

Board thickness (mm) to match as closely to the persons age (years) Either 8mm, 12mm or 19mm
All ladies - maximum of 12mm

(Taekwondo general knowledge, history and terminology)

Meaning of Taeguk

Meaning of all Taeguk Poomse

Meaning of Koryo

History of Taekwondo

Plus random terminology questions – 2 questions from relevant Poomse

(Speeches)

(Presentation)

(Bow out)