



Anthony Brennan
Tae Kwon-Do
www.abtkd.co.uk

- Technique • Knowledge • Discipline
- Fitness • Confidence • Defence

More than kicking and punching!

TAGB GRADING SYLLABUS
10TH KUP – 5TH DAN

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Grading syllabus

10th Kup white belt

Sitting stance front punch
Front rising kick
10 press ups
Walking stance obverse punch
Walking stance low block
Walking stance obverse punch
Walking stance middle block
Walking stance low block reverse punch
Walking stance middle block reverse punch

4 directional punch 1 & 2

9th Kup yellow stripe

Sitting stance double punch
20 press ups
Walking stance double punch
L stance middle block
Front kick walking ready stance
L stance Knife hand strike
Walking stance low block rising block
Forearm guarding block

4 directional punch 1 & 2

Chon Ji

8th Kup yellow belt

Twin forearm block
L stance inward block
Front kick double punch
Forearm guarding block
Turning kick guarding block
Walking stance rising block
L stance knife hand guarding block
Walking stance low block rising block

4 directional punch 1 & 2

Chon Ji

Dan Gun

3 step sparring (numbers 1-4)

7th Kup green stripe

Front kick, double punch
Walking stance wedging block
Side kick, guarding block
Walking stance back fist side strike
Turning kick, guarding block
Knifehand guarding block
Straight finger thrust
Twin outer forearm block
Knifehand strike
High outer forearm outer block reverse punch

Chon Ji
Dan Gun
Do San

3 step sparring (numbers 5-7)

6th Kup green belt

Front kick, turning kick combination
Guarding block
Side kick, back kick combination
Knifehand guarding block
Turning kick, back kick combination
Twin outer forearm block
3 moves from Won Hyo
Circular block

Examiners choice pattern
Won Hyo

3 step sparring (numbers 8-10)
3 step semi free sparring (basic)
Free sparring

5th Kup blue stripe

Front kick, turning kick combination
1st 3 moves of Won Hyo
Side kick, back kick combination
Hooking block twice, obverse punch
Turning kick, back kick combination
X fist block, twin vertical punch
Side kick, turning kick combination
Circular block

Student choice pattern
Examiners choice pattern
Yul Gok

2 step sparring (numbers 1-4)
3 step semi free sparring (intermediate)
Free sparring

4th Kup blue belt

Turning kick, reverse turning kick combination
Reverse punch, guarding block
Back kick, turning kick combination
Hooking block twice, obverse punch
Side kick, axe kick combination
Guarding block
Side punch, side kick, guarding block
Knifehand guarding block
1st 3 moves of Joong Gun
Low block, rising block, reverse punch

Student choice pattern
Examiners choice pattern
Joong Gun

2 step sparring (numbers 5-8)
3 step semi free sparring (advanced)
(Routine pad work – simple technical kicks)
Free sparring

3rd Kup red stripe

1st 3 moves of Won Hyo

Knifehand guarding block

Hooking block twice, obverse punch

Guarding block

Side punch, side kick, guarding block

Reverse punch, guarding block

1st 3 moves of Joong Gun

Twin outer forearm block

Twin X fist block, twin vertical punch, front kick double punch

Circular block

Knifehand guarding block, front kick, flat fingertip thrust

Wedging block

Student choice pattern

Examiners choice pattern

Toi Gye

3 step semi free sparring (advanced)

1 step sparring basic

(Routine pad work – advanced sparring kicks)

Free sparring

2nd Kup red belt

(Line work examiners choice)

X fist block, twin vertical punch, front kick double punch

1st 3 moves of Won Hyo

1st 3 moves of Joong Gun

Low block, rising block, reverse punch

Knifehand guarding block, front kick, flat fingertip thrust

Circular block

Twin outer forearm block, upward punch, side punch

High outer forearm outward block, reverse punch

Turning kick, reverse turning kick

Knifehand guarding block

Side kick, back kick

Guarding block

Double side kick

Knifehand guarding block

Front leg hook kick, back kick

Guarding block

All patterns

Hwa Rang

Other step sparring

1 step sparring

(Routine pad work – 30 seconds hands, 30 seconds feet)

Free sparring

1st Kup red belt

Low block, rising block, reverse punch F

Knife hand guarding block, upper elbow B

RLF front kick, turning kick, double punch F

Double forearm block middle WS, then low LS B

Side kick, back kick, reverse punch F

First 3 moves Won Hyo B

Turning kick, reverse, turning kick, lead hand reverse knife hand, reverse punch F

First 3 moves Toi Gye B

FL, hook kick, side kick comb, RL axe kick F

Double hooking block, reverse punch, then twin knife hand block B

Knife hand guarding block, FL front kick, flat fingertip thrust F

U shaped block, fixed stance B

Jumping side kick, rear leg, with step F

Wedging block WS, then knife hand strike, LS B

Jumping front kick without step, then pressing block, low stance F

X fist pressing block, X fist rising block B

1st Dan black belt

Low KHGB, slip front foot, circular block F

Double forearm block, reverse low block B

Double turning kick, reverse punch F

Soopyong jurugi B

Low, middle side kick, land in LS, inward knife hand strike F

U shaped block, Po Eun B

Jumping turning kick no step, then pressing block, normal speed F

Knife hand block, then LS, single upset punch, opp hand to shoulder B

Twist kick, double punch F

No 9 block, WS B

Turning kick, jumping side kick, twin vertical punch, guarding block F

Rising block, low block, double arc hand B

Front leg, hook kick, turning kick, rear leg axe kick, reverse punch F

Jumping spinning back kick, then wedging block, inner forearm WS B

2nd Dan black belt

Double side kick, spinning back kick, lead ridge hand, change legs F

1st 4 moves of Ko Dang B

FL, hook / side kick comb, RL axe kick, reverse punch F

Double knife hand strike WS B

Golcha chagi, crosscut, guarding block Ko Dang F

Wedging / circular / downward double palm block, rev punch / rev knife hand B

RL, front / turning kick comb, axe kick same leg, rev punch, lead ridge hand F

Double pressing palm block LS, then high inward block, back fist strike B

Jumping rev turning kick 4 times, then knife hand strike / elbow slip front foot F

Down back hand LS opposite hand punch, then rev khand block low, No 9 B

Front kick reverse arc hand strike F

Low knife hand block, reverse palm strike, WS B

Twist kick, X fist pressing / knife hand rising block, guard with KL forward F

Downward elbow then downward outer forearm block Ko Dang B

Jumping side kick with step F

Jumping back kick 4 times, then twin knife hand strike WS, Choong Jang B

3rd Dan black belt

Double side kick, spinning back kick, lead ridge hand, change legs F

X fist pressing / X fist rising block twist hands reverse punch Yoo Sin B

FL, hook / side kick comb, RL axe kick, reverse punch F

Double forearm block, reverse low block Yoo Sin B

Back hand strike LS crescent kick hitting palm, side kick same leg BHS F

U shape punch B

RL, front / turning kick comb, Axe kick same leg, rev punch, lead ridge hand F

Twin punch LS low section Sam Il B

Jumping reverse TK 4 times, then knife hand strike / elbow slipping front foot F

Low outer forearm block LS, opp hand armpit, punch opp hand shoulder B

Reverse TK / SK comb, front elbow strike, guard with kicking leg forward F

Reverse inward outer forearm block, obverse punch Sam Il B

Twist kick, X fist pressing / knife hand rising block, guard with KL forward F

Knife hand rising block, circular block, obverse punch Choi Yong B

Jumping side kick with step F

Jumping back kick 4 times, then twin knife hand strike WS, Choong Jang B