

Meaning of the colour green: Green symbolises the plant as it sprouts and begins to grow. Many students do not make it past this point. Skills and knowledge are developing well now and students begin to take on leadership roles.



6th Gup



5th Gup

The 6th and 5th Gup follow the same syllabus in preparation to grade to Blue Belt.

Green Belts must be competent in the following principles/terminology/techniques to grade to Blue Belt.

TERMINOLOGY and COUNTING

All previous belt terminology and counting (see the previous syllabuses) plus the following:

Taeguk ee jang – Pattern 2
Taeguk sam jang – Pattern 3

Counting from 1-20 in Korean (*up to 10 in yellow belt syllabus*)

Yeol - Hana (11) Yeol - Dul (12) Yeol - Set (13) Yeol - Net (14) Yeol - Dasot (15) Yeol - Yesot (16) Yeol - Ilgop (17) Yeol - Yedol (18) Yeol - Ahop (19) Smool (20)

STANCES

Charyot
Kyungrae
Joonbee
Horse-Riding Stance
Short Stance
Long stance
Back Stance
Fighting Stance

BLOCKS/STRIKES

Body Punch
Face Punch
Abdomen/Groin Punch
Low Block
Inner Block
High Block
Outer Block
Outer Knife Block
Neck Strike
Palm Thrust
Thrust to Throat Strike
Back Fist

KICKS

Front Kick & Jumping Front Kick
Turning Kick & Jumping Turning
Double Turning Kick
Push Kick & Jumping Push Kick
Axe Kick & Punching Axe Kick
Outer Crescent Kick
Inner Crescent Kick
Slide up
Turn-around Turning Kick
Side Kick
Back Kick

HORSE-RIDING STANCE TECHNIQUES

All blocks/strikes listed above + 20 consecutive punches in Horse Riding Stance

FIGHTING STANCE KICKING TECHNIQUES (Stationary and Moving)

All kicks listed above

COMBIATION KICKING TECHNIQUES (Moving)

All previous belt's Combination Kicking Techniques moving plus the following:

Turning Kick – Back Kick
Turning Kick – Turn around Turning Kick
Slide Up – Double Turning Kick
Front Kick – Jumping Front Kick – Jumping Push Kick

CONTACT KICKING/PUNCHING (Using Kick Shields/Targets/Bags)

All the above punching/kicking techniques plus the punching techniques:

Punching - 1. Jab 2. Cross 3. Hook 4. Jab/Cross 5. Jab/Jab/Cross moving forward 6. Jab/Jab/Cross moving forward – move back + cross 7. Jab/Cross/Hook

PATTERN

Basic Pattern + Pattern 1 – Taeguk il Jang + Pattern 2 – Taeguk ee Jang

SPARRING

Contact and Non-Contact Sparring

SELF-DEFENCE SKILLS

- ✓ All previous belt self-defence skills
- ✓ 2 x self-defence techniques against wrist grabs
- ✓ 2 x self-defence techniques against kicks

PHYSICAL SKILLS (Gross Motor Skills/Different Body Movements)

Students must demonstrate an improvement in all previous belt skills plus the new below skills below:

- ✓ Jumping – Tuck Jumps, 270° Spin (*aiming for 360° spin*)
- ✓ Sit ups (*without a partner*)
- ✓ Leg raises lying (*partner assisted*)

ADDITIONAL REQUIRMENTS (Attitude towards learning)

*In addition to the required techniques above, students must demonstrate a positive Attitude towards their training. They must demonstrate a **VERY GOOD** understanding and practice of the tenants below:
Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.*

