

Meaning of the colour yellow: Yellow symbolises the ground in which the seed of knowledge has been planted and will grow. The student is beginning to build their foundations in Martial Arts.



8th Gup



7th Gup

The 8th and 7th Gup follow the same syllabus in preparation to grade to Green Belt.

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

TERMINOLOGY

All White Belt terminology (Please see the White Belt Syllabus) plus the following:

Poomsae – Pattern
Taeguk il Jang – Pattern 1
Taeguk ee Jang – Pattern 2

Counting from 1-10 in Korean –

Hana (1) Dul (2) Set (3) Net (4) Dasot (5) Yesot (6) Ilgop (7) Yedol (8) Ahop (9) Yeol (10)

STANCES

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

BLOCKS/STRIKES

Body Punch
Face Punch
Abdomen/Groin Punch
Low Block
Inner Block
High Block
Outer Block
Palm Thrust

KICKS

Front Kick
Turning Kick
Push Kick
Axe Kick
Outer Crescent Kick
Inner Crescent Kick
Slide up
Side Kick

HORSE-RIDING STANCE TECHNIQUES

All blocks/strikes listed above plus the technique below:

Up to 10 consecutive punches in Horse-Riding stance – with counting in Korean

FIGHTING STANCE KICKING TECHNIQUES (Stationary and Moving)

All kicks listed above

COMBIATION KICKING TECHNIQUES (Moving)

Front Kick – Turning Kick
Slide up – Turning Kick
Turning kick – Axe Kick

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

All the above punching/kicking techniques plus the below:

Punching (Jab, Cross + Jab/Cross + Jab/Jab/Cross *moving forward*)

PATTERN

Basic Pattern
Pattern 1 – Taeguk il Jang

SPARRING

Contact and Non-Contact Sparring

SELF-DEFENCE SKILLS

- ✓ All previous belt skills
- ✓ 2 x self-defence techniques against swinging punch
- ✓ 2 x self-defence techniques against shirt grab

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 – Kick Back Toe Touches, 180° Spin
- ✓ Reptilian Crawling
- ✓ Push ups
- ✓ Sit ups (*partner assisted*)
- ✓ Burpees

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 **GOOD** understanding and practice of the tenants below:*

- ✓ **Courtesy:** To be respectful to all people at all times.
- ✓ **Integrity:** Being honest and always striving to do the right thing.
- ✓ **Perseverance:** Having a 'never give up' attitude.
- ✓ **Self-Control:** The ability to control your thoughts and actions.
- ✓ **Indomitable Spirit:** To be difficult to intimidate or defeat.

