

Meaning of the colour Red: Red symbolises danger, warning others to stay away and reminding the student to practice self-control. The student is now quite advanced and confident in their ability. They also demonstrate leadership skills.



2nd Gup



1st Gup - ChoDanBo

The 2nd and 1st Gup follow the same syllabus in preparation to grade to Black Belt.

Red Belts must be competent in the following principles/terminology/techniques to grade to Black Belt.

TERMINOLOGY and COUNTING

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

Taeguk yuk jang – Pattern 6
Taeguk chil jang – Pattern 7
Taeguk pal jang – Pattern 8

STANCES

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

BLOCKS/STRIKES

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

KICKS

Front Kick & Jumping Front Kick (instep and ball)
Turning Kick & Jumping Turning
Double, Triple and Running Turning Kicks
Push Kick & Jumping Push Kick
Axe Kick, Punching Axe and Jumping Punch Axe
Outer Crescent Kick
Inner Crescent Kick
Slide up, Slide up double & Slide up triple
Turn-around Turning Kick & Tornado
Side Kick, Moving Side Kick & Jumping Side Kick
Back Kick, Step Forward Back, Jumping Back, 180°
Hook Kick & Back Hook Kick
Knee & Jumping Knee

HORSE-RIDING STANCE TECHNIQUES

All blocks/strikes listed above + 50 consecutive punches in Horse Riding Stance

FIGHTING STANCE KICKING TECHNIQUES (Stationary + Moving)

All kicks listed above

COMBIATION KICKING TECHNIQUES (Moving)

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

Two Turning Kicks (same leg) – Two Turning Kicks (same leg) – Pause – Back Kick counter
Slide up – Double Turning Kick – Tornado
Jumping Punch Axe Kick – Two Turning Kicks (same leg) – Jumping Back Kick counter
Jumping Front Kick – Jumping Turning Kick – Running Jumping Side Kick
Turning Kick – Tornado – Back Hook Kick
Front Kick – Moving Side Kick – 180° Back Kick

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

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

Putting all punching techniques together – student must demonstrate boxing sparring

PATTERN

Basic Pattern + Pattern 1 – Taeguk il Jang + Pattern 2 – Taeguk ee Jang
+ Pattern 3 – Sam Jang + Pattern 4 – Sar Jang
(if the student is 14 years or over – they must know patterns 1-8)

SPARRING

Contact and Non-Contact Sparring & 2 vs 1 Sparring

SELF-DEFENCE SKILLS

- ✓ All previous belt self-defence skills
- ✓ Student must demonstrate 10 x self-defence techniques against different attacks

BREAKING TECHNIQUES

Student must demonstrate 2 x Arm and 2 x Leg breaking techniques on timber boards
(Instructor can assist the student in selecting their breaking techniques)

PHYSICAL SKILLS (Gross Motor Skills/Different Body Movements)

Student must demonstrate excellent proficiency all previous belt physical skills

ADDITIONAL REQUIRMENTS (Attitude towards learning)

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

