

Meaning of the colour blue: Blue symbolises the sky the plant is reaching out to as it matures. Students now have a good foundation and are preparing to learn more advanced techniques.



4th Gup



3rd Gup

The 4th and 3rd Gup follow the same syllabus in preparation to grade to Red Belt.

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

TERMINOLOGY and COUNTING

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

Taeguk sar jang – Pattern 4

Taeguk oh jang – Pattern 5

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
Palm Block
Neck Strike
Palm Thrust
Thrust to Throat Strike
Back Fist
Elbow Strike

KICKS

Front Kick & Jumping Front Kick
Turning Kick & Jumping Turning
Double & Triple Turning Kick
Push Kick & Jumping Push Kick
Axe Kick, Punching Axe and Jumping Punch Axe
Outer Crescent Kick
Inner Crescent Kick
Slide up & Slide up double
Turn-around Turning Kick & Tornado
Side Kick & Moving Side Kick
Back Kick & Step Forward Back Kick
Hook Kick
Knee & Jumping Knee

HORSE-RIDING STANCE TECHNIQUES

All blocks/strikes listed above + 30 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:

Jumping Punch Axe Kick – two turning kicks off same leg
Turning Kick – Tornado
Moving Side Kick – Jumping Knee
Jumping Front Kick – Jumping Turning Kick – Step Forward Back Kick

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

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

Punching - 1. Jab 2. Cross 3. Hook 4. Uppercut 5. Jab/Cross 6. Jab/Jab/Cross *moving forward* 7. Jab/Jab/Cross *moving forward – move back + cross* 8. Jab/Cross/Hook 9. Cross/Hook/Cross 10. Jab/Cross/Hook – Duck – Uppercut 11. Superman Punch

PATTERN

Basic Pattern + Pattern 1 – Taeguk il Jang + Pattern 2 – Taeguk ee Jang
+ Pattern 3 – Sam Jang

SPARRING

Contact and Non-Contact Sparring

SELF-DEFENCE SKILLS

- ✓ All previous belt self-defence skills
- ✓ 2 x self-defence techniques against attacks while on the ground
- ✓ 2 x self-defence techniques against a tackle

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 – Jump Split, 360° Spin
- ✓ Toe touches (crunches)
- ✓ Reverse crunches with legs raised (*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 an **EXCELLENT** understanding and practice of the tenants below:
Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.*

