

5th Kup (blue tag)

1) Basics

Sonnal makki	Double knifehand block
Momtong bakkatmakki	Outward middle block
Pyonsonkkeut sewotzireugi	Fingertip thrust
Jebipoom mokchigi	Inward neck strike with knifehand high block
Yop chagi	Sidekick

Kibon Sa (Preparation exercise for Taeguk Sa-Jang – 18 movements)

2) Revision

Taeguk 3 - Sam-jang (Meaning: Fire and Sun - 20 movements)

3) Poomsae

Taeguk 4 - Sa-Jang (Meaning: Thunder - 20 movements)

4) Ilbo Taeryon (Partner exercises – 1-step-fight)

4 techniques

All candidates will be examined on the attack and the defence during the partner exercises.

5) Stepping exercises

Stepping exercise with partner. One partner leads while the other partner mirrors all movements.

6) Kick paddle exercises

All kicking exercises are to be performed from a fighting stance with a Kihap during the performance of the technique. A selection of all previously learned techniques will be examined.

7) Kyorugi

Simulated sparring where partners kick freely without contact. The students are expected to show stepping basics learned before as well as a variety of kicks. The students are expected to judge the distance to their partner, adjust accordingly and vary their kicking techniques on their own.

8) Self-defence

2 exercises against swings, wrist grabbing from the back and hugging from behind. Plus techniques from previous gradings.

9) Theory

Explanation self-defence.

Section 3 Criminal Law Act 1967

"A person may use such force as is reasonable in the circumstances in the prevention of crime, or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large."

The student should be able to explain the reasons and ideas behind the shown self-defence techniques.

Taekwondo Team Saja Syllabus

10) Board breaking

N/A

Pass Grade: 70%