

## 8th Kup (yellow belt)

### 1) Basics

Apseogi	Short stance
Naeryo chagi or chigo chagi	Downward kick or axe kick
Juchum seogi	Horse riding stance
Momtong anmakki	Inward middle block
Olgul makki	High block

Kibon II (Preparation exercise for Taeguk II-Jang – 8 movements)

### 2) Revision

4-directional punch & kick

### 3) Poomsae

Taeguk 1 - Il-Jang (Meaning: Heaven and Light - 18 movements)

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

2 techniques

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

### 5) Stepping exercises

Stepping exercises as instructed by the examiner. The following stepping exercises are to be known:

- Double switch
- Back turn
- Double back turn
- Turn step
- Double slide
- Double step
- Slide and step

### 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

1 for 1 simulated sparring where partners kick in turns 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.

### 7) Self-defence

N/A

### 9) Theory

Hana	One
Dul	Two
Set	Three
Net	Four
Daseot	Five

## Taekwondo Team Saja Syllabus

Yeoseot	Six
Ilgop	Seven
Yeodeol	Eight
Ahop	Nine
Yeol	Ten
Poomsae	Pattern

### 10) Board breaking

N/A

**Pass Grade: 50%**