

9th Kup (yellow tag)

1) Basics

Apkubi	Long stance
Araemakki	Low block
Momtong jireugi	Middle punch
Apchagi	Front kick
Baldeung chagi	Half turning kick

2) Revision

N/A

3) Poomsae

4-directional punch & kick

4) Ilbo-Taeryon

N/A

5) Stepping exercises

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

- Slide forward
- Slide backward
- Step forward
- Step backward
- Shuffle forward
- Shuffle backward
- Switch

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) Sparring

N/A

8) Self-defence

N/A

9) Theory

Charyot	Attention
Kyong Ye	Bow
Junbi	Ready
Shijak	Start
Dojang	Training Hall
Dobok	Training Suit
Tee	Belt
Sa Beom Nim	Instructor (4 th Dan and higher)
Kwan Chang Nim	Chief Instructor/Master (6 th Dan or Higher)
Kook Gie	National Flag

Taekwondo Team Saja Syllabus

The meaning of Taekwondo:

Tae	Foot
Kwon	Fist
Do	The way

Taekwondo is the way of fighting with your hands and feet.

The theory examination includes the names (English and Korean) of the basic techniques as well as the explanation of how to perform them.

10) Board breaking

N/A

Pass Grade: 50%