



# TAEKWONDO GRADING SYLLABUS

**(Green Belt)**



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## Overview

In this document you will find all the necessary criteria to pass your grading. It covers a range of areas from forms and self-defences to kicks and blocks.

Please read through each section carefully, in each section there will be the test that you will have to perform in your grading including your passing criteria for each section.

Links to the forms and self-defences are included in this document for your convenience.

These tests designed by Head Instructor John Tsoutis are in place to challenge you to the best of your ability and follow the grading guidelines set at Red Dragon Taekwondo.

Note: A Pass rate of 70% is required for you to move up in your rank and receive your new belt.



## Class Requirements

Minimum number of classes attended

14

Classes must be attended between each grading

## Passing Criteria

1. Recorded attendance at a minimum of 12 classes
2. All classes attended must occur before the date of the grading the student wishes to attend
3. All classes attended must have occurred after the students last grading



## Forms

Green Belt Form Is Called Taeguk 3  
Green Belt Form

High Green Belt Form Is Called Taeguk 4  
High Green Belt Form

Students must perform this form with a basic knowledge and understanding of the stances and techniques in the form.

### Passing Criteria

1. Understanding and execution of Long stance (Feet and body positioning)
2. Understanding and execution of short stance (Feet and body positioning)
3. Execution of a punch (Power and accuracy)
4. Good change of direction (No mistakes)
5. Powerful Kihap (Power and intent)
6. Fewer than 3 major mistakes



## Self Defences

### Self Defence 1

#### Hair Grab 1- One Handed Attack

### Self Defence 2

#### Hair Grab 2- One Handed Attack

### Self Defence 3

#### Choke 1- One Handed Choke

### Self Defence 4

#### Choke 2- Double Hand Choke

## Passing Criteria

1. Good body positioning (Choosing the right angles of attack)
2. Proper technique with locks (Twisting and manipulating opponents wrist etc)
3. Good distance management between yourself and your opponent
4. Powerful techniques
5. Good sense of urgency



## Blocking Techniques

### Blocking Techniques May Include

|   |   |                               |
|---|---|-------------------------------|
| Triple Punch<br>(Forward Stance)                      | Side Neck<br>Attack, Reverse<br>Punch<br>(Forward Stance) | Knife Strike<br>(Back Stance) |
| Backfist Bridge<br>Of Nose Attack<br>(Forward Stance) | Palm Strike<br>(Forward Stance)                           | Middle Block<br>(Back Stance) |

Students are tested on Stance accuracy, Blocking accuracy and focus, looking at target and not fidgeting

### Passing Criteria

1. Good execution of stances
2. Good execution of blocks
3. Correct hand positioning during the techniques
4. Powerful snap and good Kihap
5. Using the right part of the hand or the arm to block



## Kicking Techniques

### Kicking Techniques May Include

|                               |                 |                            |
|-------------------------------|-----------------|----------------------------|
| Skipping Side Kick, Back Kick | Jump Snap Kick  | Snap Kick, Jump Roundhouse |
| Front Foot Roundhouse Kick    | Round Back Kick | Short Kick                 |

Students are tested on Bouncing, Kick Height and power, looking at target and staying focussed

### Passing Criteria

1. Good fighting stance (Hands up and bouncing)
2. Good execution of the kicks (Good height, Target, Technique)
3. Good Recovery (Pull back and into fighting stance after the kick)
4. Good power and kihap
5. Eyes on target (Not taking eyes off target while kicking)





## One Step Sparring

(han bun kyorugi)

Students must demonstrate basic one step sparring techniques and show an understanding of how to evade with a block. They must also show accuracy, power and control with their techniques. E.G. Step Back middle block, trap the arm snap kick to the stomach and elbow to the face. (Students to demonstrate Sweeps as well)

### Passing Criteria

1. Students must demonstrate good movement to avoid a punch
2. Good strong middle block
3. Good execution of a trap and striking technique
4. Good powerful kihap



## Sparring

### Students Must Demonstrate

| 6 x 1 Minute Rounds  |                |                   |
|----------------------|----------------|-------------------|
| Good Fighting Stance | Eyes On Target | Good Combinations |
| Basic Movement       | Good Blocking  | Good "Kihap"      |

Students are tested on their ability to perform more complex sparring combinations

### Passing Criteria

1. Good Bouncing (Stay on your toes and not flat footed)
2. Good Fighting Stance (Hands up, Eyes on target, Bouncing)
3. Good kicking technique and target (Good target with kicks, Good kick placement and recovery)
4. Good combinations (Chaining together multiple kicks and punches)
5. Good power and Kihap



Note: With sparring students are not required to do full contact sparring until they are blue belts, but they do have the option of doing so. If this is something you would like to we require that everyone have their own sparring gear

The link below is to our starters sparring pack where they have everything they need for contact sparring included in the pack

(Starters sparring pack)

<https://www.reddragonkd.net/webstore#!/MTX-Branded-Sparring-Pack/p/262652677/category=48069137>



## Terminology

Students Must Show Understanding Of

|            |            |                  |
|------------|------------|------------------|
| Sohgi      | Soggy      | Stance           |
| Koobi      | Koobi      | Knee Bent Stance |
| Ahp Sohgi  | Up Soggy   | Short Stance     |
| Ahp Koobi  | Up Koobi   | Long Stance      |
| Dwit Koobi | Dwit Koobi | Back Stance      |

Students must learn and demonstrate basic knowledge or these terms and revise with the instructor during grading.