

# United Taekwon-Do Federation (Scotland)



## **NATIONAL BLACK BELT GRADING SYLLABUS** (INCLUDING 1<sup>ST</sup> GUP TO BLACK BELT)

**MARCH 2010**

# POINTS TO NOTE

## Veteran (Executive) Gradings

Where there are any requirements for jumping kicks in the syllabus, veterans may not be required, at the discretion of the examiners, to execute the techniques as jumping.

Veterans may not be required, at the discretion of the examiners, to perform free special technique. Instead, specialist kicking, to either wood, breaker boards or to pad(s), may be permitted.

The level of sparring required for veterans will also be at the discretion of the grading examiners.

## Testing for 2nd Degree Thesis

“Why Taekwon-Do” is a personal thesis about yourself and what Taekwon-Do, and all its aspects, means to you.

## Testing for 3rd Degree Thesis

“The Theory of Power” is a technical thesis which should discuss, in depth, the theory of power and its application within Taekwon-Do.

## Testing for 4th Degree Thesis

“History of Taekwon-Do” is an in depth research into the ancient roots of Taekwon-Do and its development into the Taekwon-Do that is practised today.

# GRADING PREREQUISITES

## Forms and Photographs

- All forms must be pre-completed before the grading day. Please consult with your instructor well in advance to ensure that all the necessary paperwork is in place.
- Additionally, for Full National and International gradings (ie. not the point grades), you need to supply 4 passport photographs with your application forms.
- Only cheques from Instructors will be accepted. Please pay in cash if you can.

## Grading Charges

Please speak to your Instructor to get the current charges.

# GTF (Scotland) 1<sup>st</sup> GUP Syllabus

<b>1st GUP to 1<sup>st</sup> Degree Provisional</b>		
Hyung	Hwa Rang. Choong Moo. Jee Sang. Any of the lower grade patterns.	These patterns will be focused on in detail. However, you require to have a very good knowledge of all the coloured belt patterns.
Sah Bang Mako Chagi	1-4 in each direction, both legs. (see appendix 1).	Try and demonstrate good technique.
Technical Kicking	Basic up and down hall kicking. 4 directional flying high kick/ flying side kick and jumping back kick.	<ul style="list-style-type: none"> <li>• Usually from L-Stance.</li> <li>• Kick within your flexibility.</li> <li>• It's better to show the correct technique, than to kick outwith your flexibility and affect how you are executing the technique.</li> <li>• Kick within flexibility range</li> <li>• On demonstrating Turning Kick: Make sure to complete the kick at the 70/75 degree angle.</li> <li>• On demonstrating Reverse Turning Kick: Make sure that the leg is stopped and held at the end of the kick.</li> <li>• You could be asked to do single, double or consecutive kicks.</li> <li>• Indeed, you could be asked any combination of 3 or 4 kicks in a row.</li> <li>• You may be asked to demonstrate 'Placement' kicks. This is where the kick is executed slower than normal, and held at the end for a couple of seconds. The kicks are normally executed on the spot, and consist of Front, Side, Back and Turning kick.</li> </ul>
Ilbo Matsogi (One Step)	Hand, foot and jumping techniques	<ul style="list-style-type: none"> <li>• Employ Basic, effective combinations.</li> <li>• No measure or line-up.</li> <li>• Both attacker and defender start from Jumbi.</li> <li>• Attacker shouts first, and waits on the defender to shout before the attack starts.</li> <li>• The attack always starts with a right side middle section punch in walking stance.</li> <li>• The attack is then repeated on the left.</li> <li>• The examiner will be looking for accuracy of techniques, focus and stance placement.</li> <li>• Again – demonstrate within your flexibility range.</li> <li>• Show accuracy to opponents vital spots.</li> <li>• Try some basic Jumping techniques.</li> <li>• Always complete the counter attack in an L-Stance with a forearm guarding block.</li> </ul>
Ban Jayo Matsogi	Number 1	See Appendix 2.
Hosin Sul	Selection of basic self defence	<ul style="list-style-type: none"> <li>• Keep the self defence techniques simple and effective.</li> <li>• Have at least 8 – 10 ready, and cycle them during the grading if you exhaust the ones you know.</li> <li>• Be sensible while being the attacker. Don't</li> </ul>

		hold on too lightly, but likewise refrain from trying to “second-guess” the release or from holding on over zealously.
Jayo Matsogi	Point sparring, 1-1, 2-1	
Weerok	Examiners discretion	
Special Technique	Double flying side kick to 2 pads. Flying high kick.	
Theory & Thesis	Selection of any of the “Theory Questions” & “Thesis Questions”	
Courses	Level 1 Referee (5 <sup>th</sup> GUP onwards)	
Competition	Minimum of 4 (refereeing or competing)	

# Theory Questions

This is the list of theory questions that will be asked at the grading from 1<sup>st</sup> GUP to 1<sup>st</sup> Degree Blackbelt (probationary). You will NOT be asked all of the questions, only a selection of them.

1. What is the definition of Choong Moo and how many moves does it have?
2. What does the colour black signify?
3. Demonstrate and give the Korean for the following move from Choong Moo...  
– **High Knifehand Front Strike**
4. What is the Korean for the following move from Choong Moo ...  
– **Flying Side Kick**
5. Demonstrate and give the Korean for the following move from Choong Moo...  
– **Middle Outer Forearm Front Block**
6. Demonstrate and give the Korean for the following move from Choong Moo...  
– **“X” Knifehand Checking Block**
7. Demonstrate and give the Korean for the following move from Choong Moo...  
– **Twin Palm Upward Block**
8. In Choong Moo, what are the heights of the kicks?
9. What is the purpose of the 360 degree jump in Choong Moo?
10. Name all of the stances that you know in Korean.
11. Name all of the properties of “L” Stance (i.e. length, width, weight distribution).
12. Name all of the properties of “Rear Foot” Stance (i.e. length, width, weight distribution).
13. Recite the definition of one other coloured belt pattern and the number of moves in it.
14. Select one of the Tenets of Taekwon-Do and describe how you apply it within Taekwon-Do.
15. Name all of the kicks that you know in Korean and for any 5 of these kicks, demonstrate and indicate the part of the foot that you use and name it in Korean.

# Theory Answers

1. Choong Moo was the name given to the great Admiral Yi Soo Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson, 1592) which was said to be the precursor of the modern day submarine. The reason why the pattern ends in a left handed attack is to symbolise the tragedy of his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to king and country.  
  
The pattern has 30 moves.
2. Black is the opposite of white signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.
3. Nopunde Sonkal Ap Taerigi
4. Twimyo Yop Cha Jirugi
5. Kaunde Paka Palmok Ap Maki
6. Kyocha Sonkal Mommchau Maki
7. Sang Sombadah Ollyo Maki
8. 1<sup>st</sup> side kick=middle, 1<sup>st</sup> turning kick=high, back piercing kick=middle, 2<sup>nd</sup> turning kick=middle, 2<sup>nd</sup> & 3<sup>rd</sup> side kicks=middle
9. To avoid an attack to the legs.
10. Examples ...
  - Gunnun
  - Nuinja
  - Narani
  - Annun
  - Go Jung
  - Go Booryo
  - Dwit Bal
  - Kyocha
  - Nachuo
  - Soojik
  - Moe Junbi A,B&C
11. One and a half times shoulder width long, from outside of the back foot to the front toes, 2.5cm between heels, weight distribution=70/30, both toes turned in 15 degrees, both legs bent, back knee bent directly over the back toes.

## Theory Answers (cont.)

12. Shoulder width from outside of the back foot to the front toes, front foot inside the line of the back heel, front foot turned in 25 degrees, rear foot turned in 15 degrees, both legs bent, back knee directly over the back toes, weight distribution=90/10.
13. Candidates choice
14. Candidates choice
15. Examples ...

Kick	Part of Foot
Ap Cha Busigi	Ap Goomchi
Yop Cha Jirugi	Balkal
Dollyo Chagi	Ap Goomchi
Bandaе Dollyo Chagi	Dwitchook
Naeryo Chagi	Dwitchook
Dwit Cha Jirugi	Balkal
Golcho Chagi	Dwitchook
Bandaе Dollyo Goro Chagi	Dwitchook
Yop Cha Tulgi	Ap Goomchi
Yop Cha Milgi	Balkal
Yobap Cha Busigi	Ap Goomchi
Bituro Chagi	Ap Goomchi
Suro Chagi	Yop Bak Badak
Sewo Chagi	Balkal / Balkal Dung



# Thesis

N.B. Effort put into the presentation of your work is equally as important as the content of your work. Adults should try to prepare their thesis on computer.

As well as answering the following thesis questions, you should also attach a **Personal Taekwon-Do History** to your Thesis. This should contain details of all grading dates, all tournaments entered and placings obtained, all tournaments officiated at, all seminars attended, all courses attended and any instructing experience that you have.

## Thesis Questions ...

1. (i) Name the President of your Federation and find out at least 3 Taekwon-do facts about him.  
(ii) Grandmaster Park Jung Tae IX was a great Taekwon-do pioneer.  
Find out at least 3 Taekwon-do facts about him.  
(iii) Name your Instructor(s) and find out an Taekwon-do fact about them.
2. Write down what the Taekwondo means to you (minimum 100 words).
3. (I) Note down the name and definition of your favourite pattern and explain why it is your favourite.  
(ii) Select 5 different moves from the pattern, note what they are in Korean and explain what the purpose of each move is.
4. Write down what you consider to be the meaning of each Tenet of Taekwon-Do.
5. Write down what you consider to be the meaning of Loyalty (minimum 100 words).
6. Write down what you consider to be the difference between a red belt and a black belt (minimum 100 words).
7. Write down what you consider to be the difference between a black belt and a black belt instructor.
8. Write down why you believe that you should be awarded a black belt and what it would mean to you to be a black belt (minimum 100 words).
9. Write down whether or not you wish to be an instructor and explain your reasons (minimum 100 words).

# Appendix 1 – Sah Bang Mako Chagi

<b>Set</b>	<b>Techniques</b>	<b>Stance</b>	<b>Korean</b>
1	Low Outer Forearm Block Middle Front Snap Kick Middle Obverse Punch	Walking Walking	Najunde Paka Palmok Maki Kaunde Ap Cha Busigi Kaunde Baro Jirugi
2	Outer Forearm Rising Block High Side Piercing Kick Middle Inner Forearm Block	Walking L	Paka Palmok Chookyo Maki Nopunde Yop Cha Jirugi Kaunde An Palmok Maki
3	Twin Knifehand Block High Turning Kick Twin Forearm Block	L Walking	Sang Sonkal Maki Nopunde Dollyo Chagi Sang Palmok Maki
4	High Outer Forearm Block High Hook Kick Knifehand Side Strike	Walking L	Nopunde Paka Palmok Maki Nopunde Golcho Chagi Sonkal Yop Taerigi

## Appendix 2 – Ban Jayo Matsogi – Number 1

Move	Attacker	Move	Defender
1	From Jumbi, step forward Walking Stance, Middle Obverse Punch.	1	Step back Right leg into Walking Stance executing a middle obverse knifehand block with the left hand.
		2	Now the Defender attacks with a High section reverse punch while maintaining the previous walking stance.
2	The attacker maintains the previous stance, and executes a knifehand rising block with the left hand to defend against the attackers high punch.		
3	The attacker then executes a low front snap kick from the <b>front</b> leg, landing forward into walking ready stance (Not changing stance though)	3	The defender then executes a low section obverse knifehand block to counter the attackers front kick.
		4	Next, the attacker executes a low front snap kick from the <b>front</b> leg, landing (slipping forwards if necessary) in walking stance, and executing a high reverse punch to the attackers philtrim.