

8th Kup Grading Card

STUDENT NAME	LICENCE EXPIRY DATE	LICENCE EXPIRY DATE
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In order to attain 8th Kup Yellow Class, the student must know the following Foot Parts (Ha Bansin):

- Foot – Bal
- Front Sole – Ap Kumchi
- Sword Edge – Balkal

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain 8th Kup Green Class, the student must be able to demonstrate the following Hand Techniques to an acceptable level.

Additional marks will be given if the Korean Terms are known:

- Knife-hand Guarding Middle Block
- Twin Outer Forearm Block
- Reverse Middle Punch
- High Obverse Punch
- Sonkal Daebi Kaunde Maki
- Sang Paka Palmok Maki
- Bandae Kaunde Jirugi
- Nopunde Baro Jirugi

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain 8th Kup Blue Class, the student must be able to demonstrate the following Foot Techniques to an acceptable level.

Additional marks will be given if the Korean Terms are known:

- Front Snap Kick – Ap Cha Busigi
- Side Kick – Yop Chagi

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain 8th Kup Red Class, the student must be able to demonstrate the following to an acceptable level. Additional marks will be given if the Korean Terms are known:

- Dan-Gun (First 8 movements)
- Is named after the Holy Dan-Gun, the legendary founder of Korea in 2333 BC.

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain the 8th Kup Black Class, the student must be able to demonstrate the following to an acceptable level. Additional marks will be given if the Korean Terms are known:

- Front Kick, Middle Obverse Punch, Reverse Punch (Normal Motion) performed in Walking Stance
- Knife-hand Guarding Block
- Twin Outer Forearm Block
- Knife-hand Side Strike
- L-Stance
- L-Stance
- L-Stance

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain the 7th Kup Grade, the student must be able to demonstrate all of the above and the following Theory, Self Defence and Fundamental Exercises:

Significance of Belt:

- Yellow Belt (previous sheet)
- Green Belt - Signifies the plants growth as Taekwon-Do skills begin to develop.

Self-Defence:

- All Self-Defence techniques from previous grades
- Release from two-handed Wrist Grab (Attacker both hands on Defender wrist)

Pattern/Fundamental Movements:

- Four Directional Block (Saju Maki): Both the Right side and Left.
- Dan-Gun: 21 movements and meaning of Dan-Gun

Physical:

- Press-Ups x 20 (Momtong Bachim)
- Star Jumps x 20
- Squat Thrusts x 20

Sparring:

- 3-Step Sparring (1-4)
- 2-Step Sparring (1)

- Sambo Matsogi (1-4)
- Ilbo Matsogi (1)

- with Partner
- Alone/No Partner

The Student successfully completed the above requirements on: _____ by Examiner: _____