



Stevenage Taekwondo Club

Syllabus & Expectations

Yellow Stripe

Sitting Stance Middle Punch
Short Stance Low Block
Short Stance Rising Block
Short Stance Inward Block
Front Kick
Push Kick
Axe Kick
Turning Kick

Yellow Belt

Taegeuk 1
Long stance double punch
Fast Kick
Cut Kick
Back Kick

Green Stripe

Taegeuk 2
Taegeuk 1
Long stance inner forearm block
Long stance backfist front strike
Side kicks
One for one kicking

Green Belt

Taegeuk 3
Taegeuk 2
One for one kicking
Free Sparring
Destruction: Elbow strike
Destruction: Side kick

Blue Stripe

Taegeuk 4
Taegeuk 3
Three for Three kicking
Free sparring
Destruction: Reverse Turning Kick

Blue Belt

Taegeuk 5
Taegeuk 4
One-step sparring
Free sparring
Destruction: back kick
Destruction: punch

Red Stripe

Taegeuk 6
Taegeuk 1-5 (Examiner's choice)
Taegeuk 1-5 (Student's choice)
One-step sparring
Self-defence (hand and collar grabs)
Free sparring
Destruction: Two breaks with the hand, foot, any technique

Red Belt

Taegeuk 7
Taegeuk 1-6 (Examiner's choice)
Taegeuk 1-6 (Student's choice)
One-step sparring
Self-defence (hand, collar and bear hug)
Free sparring
Destruction: Two breaks, both with the feet

Black Stripe

Taegeuk 8
Taegeuk 1-7 (Examiner's choice)
Taegeuk 1-7 (Student's choice)
One-step sparring
Self-defence
Free sparring
Destruction: two breaks, both with the feet, one must be a jumping technique



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1st Poom/Dan

Taegeuk 8
Taegeuk 1-7 (Examiner's choice)
Taegeuk 1-7 (Student's choice)
One-step sparring
Self-defence
Free sparring
Destruction: two breaks with the hand, foot
any technique

2nd Poom/Dan

Koryo
Taegeuk 1-8 (Examiner's choice)
Taegeuk 1-8 (Student's choice)
One step sparring
Self-defence
Free sparring
Destruction: two breaks with the hand, foot
any technique (must flow)

3rd Poom/Dan

Keumgang
Taegeuk 5-Koryo (Examiner's choice)
Taegeuk 5-Koryo (Student's choice)
One step sparring
Knife self-defence
Free sparring
Free sparring 2 vs 1
Destruction: two breaks with the hand, foot
any technique (must flow and 1 jump kick)

4th Poom/Dan

Theory test pass
Taebaek
Taegeuk 5-Keumgang (Examiner's choice)
Taegeuk 5-Keumgang (Examiner's choice)
One step sparring
Knife self-defence
Free sparring
Free sparring 2 vs 1
Destruction: three breaks with the hand, foot
any technique (must flow and either 1 suspended
or 2 simultaneous)

5th Dan

Theory test pass
Pyongwon
Taegeuk 5 - Taebaek (Examiner's choice)
Taegeuk 5 - Taebaek (Examiner's choice)
Free sparring

6th Dan

Thesis (4,000 words + on a Taekwondo topic)
Jitae
Sipjin
Pyongwon
Taebaek
Basic movements sequence (6th Dan)
Free sparring

7th Dan

Thesis (4,000 words + on a Taekwondo topic)
Cheonkwon
Jitae
Sipjin
Pyongwon
Basic movements sequence (7th Dan)
Free sparring

8th Dan

Thesis (4,000 words + restricted topics)
Hansoo
Cheonkwon
Jitae
Sipjin
Basic movements sequence (8th Dan)
Interview

9th Dan

Thesis (4,000 words + restricted topics)
Ilyeo
Hansoo
Cheonkwon
Jitae
Basic movements sequence (9th Dan)
Interview