



Chairman: Master Darren Naraine (7th Dan)
Tel: 07789 107157
e-mail : info@dtkd.co.uk
website : www.dtkd.co.uk



Kup Grading Syllabus for Dorset Taekwondo Association

This syllabus is designed to produce a well-rounded Taekwondo player who is equally capable of all aspects of modern WT Taekwondo to a high standard.

A student who successfully completes this course is worthy of taking the Dan grade test.

Outlined below are the minimum exercises for each test. The grading officer might ask you to do other exercises, or test your theoretical knowledge.

9th Kup (Yellow tag) test

Minimum hours / lessons attended = 8

1. 10 x Press ups (counting out loud on each technique)
2. Front rising kick from fighting stance. 10x left leg, 10x right leg
3. Sitting Stance, middle section punching 10x (counting out loud)
4. Walking Stance Moving forward and backwards, middle section punch (over leading leg)
5. Long stance moving forwards and backwards middle punch
6. Long stance moving forwards and backwards + inner forearm block middle section (over leading leg)
7. Front kicking - Moving forward turn
8. 1 Step kicking exercise

8th Kup (Yellow belt) test

Minimum hours / lessons attended = 10

1. 20 x Press ups (counting out loud on each technique)
2. Outer Crescent kick from fighting stance 10x left leg, 10x right leg (Kick target, or over target)
3. Sitting Stance, Double middle section punching 10x (counting out loud)
4. Sitting Stance, Upper block, Lower block, Inner block x8
5. Long stance moving forward lower block (6 x forward, turn, 6 x backwards)
6. Long stance moving forward upper block (6 x forward, turn, 6 x backwards)
7. 1-step sparring (first 3)
8. 1 Step kicking exercise
9. Taeguk 1 (Il jang, Heaven and Light, 18 moves, KEON)

7th Kup (Green tag) test

Minimum hours / lessons attended = 12

1. Inner Crescent, from fighting stance, 10x left leg, 10x right leg (Kick target, or over target)
2. Long stance moving forward Block and Strike at examiners choice. Turn in Long stance
3. Moving forward turning kicks / front kicks / axe kicks (examiners choice)
4. 1 Step kicking exercise
5. 1-step sparring (right side attack only) (First 3-5 hand defences ONLY)
6. Taeguk 1
7. Taeguk 2 (Ye jang, joyfulness, 18 moves, TAE)



Chairman: Master Darren Naraine (7th Dan)
Tel: 07789 107157
e-mail : info@dtkd.co.uk
website : www.dtkd.co.uk



The test syllabus from Green belt onwards is based attending classes more than once a week. Whilst it is accepted that this is not possible for all students, it should not be assumed that without sufficient attendance you will be able to test every 3 months. As a general rule, from Green belt onwards only training once a week will make students eligible to test 6 monthly.

6th Kup (Green Belt) test

Minimum hours / lessons attended = 16

1. Taegeuk 3 (Sam jang, Fire and sun, 20 moves, RI)
2. Taegeuk 2
3. Moving forward and backwards **back stance** double knife hand guarding block
4. Moving forward **back stance** outer block. Moving backwards inner block, or inner knife hand
5. 1 Step Sparring (right side attack only) (first 5 ONLY)
6. Kicking Exercise – 1 step, and 3 Step Kicking exercise, with counter.
7. Moving forward side kicking / Step side kick
8. Power test, measure up and destruct side kick

Candidates for Blue tag and above need their own protective equipment

5th Kup (Blue tag) test

Minimum hours / lessons attended = 18

1. Taegeuk 4 (Sah jang, Thunder, 20 moves, JIN)
2. Taegeuk 3
3. Skip turning kick;
4. Slip backwards turning kick; Check kick 2nd kick combinations
5. 1 Step Sparring (right and left side alternate attack; first 5 with some own variation permitted)
6. Kicking Exercise – 1 step, and 3 Step Kicking exercise, with counter.
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct turning kick

4th Kup (Blue Belt) test

Minimum hours / lessons attended = 18

1. Taegeuk 5 (Oh jang, Wind, 20 moves, SEON)
2. Taegeuk 4
3. Combination kicking - Side kick / back kick
4. Combination kicking - Skip turning kick / back kick; Check kick / back kick.
5. 1 Step Sparring (attack left and right, simple techniques with some leg attacks permitted – same technique each side)
6. Kicking Exercise – 1 step, and 3 Step Kicking exercise, with counter.
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct back kick



Chairman: Master Darren Naraine (7th Dan)
Tel: 07789 107157
e-mail : info@dtkd.co.uk
website : www.dtkd.co.uk



3rd Kup (Red tag) test

Minimum hours / lessons attended = 20

1. Taegeuk 6 (Yuk jang, Water, 23 moves, GAM)
2. Taegeuk 5
3. Reverse turning kick; Reverse turning kick combinations.
4. 1 Step Sparring (Attack both sides i.e does not have to be same each side; hand & leg techniques can be used)
5. 1 Step Kicking exercise
6. 3 Step Kicking exercise, with counter
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct reverse turning kick. For under 18s this can be an accuracy reverse TK

2nd Kup (Red Belt) test

Minimum hours / lessons attended = 24

1. Taegeuk 7 (Chil jang, Mountain, 25 moves, GAN)
2. Taegeuk 6
3. 1 Step Sparring (freestyle, hand and leg techniques; some locks and take downs)
4. 1 Step Kicking exercise
5. 3 Step Kicking exercise, with counter
6. Straight line kicking – examiners choice
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct side kick (2 boards)

1st Kup (Black tag) test

(6 month) Minimum hours / lessons attended = 40

1. Taegeuk 8 (Pal jang, Earth, 24 moves, GON)
2. Taegeuk 7
3. 1 Step Sparring (freestyle, hand and leg techniques; some locks and take downs must be demonstrated; attacker can come from *Joonbi* and not pull back to long stance first)
4. 1 Step Kicking exercise
5. 3 Step Kicking exercise, with counter
6. Straight line kicking – examiners choice
7. Free Sparring (own protective equipment required)
8. Power test, measure up and destruct students choice, one hand and one leg technique



Chairman: Master Darren Naraine (7th Dan)
Tel: 07789 107157
e-mail : info@dtkd.co.uk
website : www.dtkd.co.uk



One Step Sparring - First Basic 5

- 1) Shift to the open side of the attacker into sitting Stance. Execute outer block and nearly simultaneously punch to face (just under nose) with other hand.
- 2) Shift to the open side of the attacker into sitting Stance. Execute outer block, and simultaneously do an inner knife hand strike to the neck.
- 3) Stepping to the closed side of your partner as they attack, into a sitting stance, outer block to cover the punching arm, then execute 3 punches – 2 to the body then 1 to the head.
- 4) Step forward to the open side into Long Stance with, outer block, and Elbow strike to the face
- 5) Step back into back stance and execute inner block. Step round backwards moving forward leg until you have your back to the opponent (you should end up in horse riding stance) then do an elbow strike upwards under the solar plexus.