



Coloured Belt Grading Line Work 10th Kup to 2nd Kup

At ANY grading of TKD the examiner can quite rightly expect you to know all aspects of the Tae Kwon Do syllabus, asking you to perform previous techniques from previous gradings

Content reflects the most common line work at each level from 10th Kup to 2nd Kup

10th Kup – White Belt



Static

Sitting stance, front punch

Static

Walking ready stance, front leg rising kick

Static

10 press ups

FWD & BWD

Walking stance, middle punch

FWD & BWD

Walking stance, low outer forearm block, reverse punch

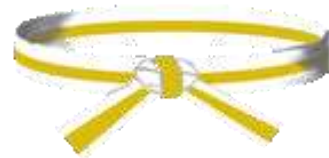
FWD & BWD

Walking stance, middle inner forearm block, reverse punch

4 directional punch 1 & 2
(Sajo Jirugi 1 & 2)



9th Kup – Yellow Stripe



Static

Sitting stance, double punch

Static

Walking ready stance, front snap kick

FWD & BWD

Walking stance, double punch

FWD & BWD

L stance, middle inner forearm block

FWD & BWD

L stance, knife hand strike

FWD & BWD

Walking stance, low block rising block

Chon Ji

8th Kup – Yellow Belt



FWD & BWD

L stance, twin forearm block

FWD

Walking stance, front snap kick double punch

BWD

L stance, inward outer forearm block

FWD

Turning kick, land L stance, knife hand guarding block

BWD

L stance, forearm guarding block

Dan Gun

3 step sparring 1 to 4



7th Kup – Green Stripe



FWD & BWD

Walking stance, high back fist side strike

FWD

Turning kick, land L stance knife hand guarding block

BWD

Walking stance, wedging block

FWD

Side kick, land L stance forearm guarding block

BWD

L stance, knife hand guarding block

FWD

Walking stance, straight fingertip thrust

BWD

High outer forearm block, mid reverse punch

Do San

3 step sparring 5 to 7

6th Kup – Green Belt



FWD

First 2 moves of Won Hyo

BWD

Walking stance, low block, rising block, reverse punch

FWD

Walking stance, straight fingertip thrust, release, spin, high back fist side strike

BWD

Fixed stance, side punch

FWD

Bending ready stance, side kick, land L stance knife hand guarding block

BWD

L stance inward middle outer forearm block, slip the front foot forward into walking stance, high back fist side strike

FWD

Kicking off the rear leg, front kick, turning kick, side kick (alternating legs) land in L stance, knife hand guarding block

BWD

Walking stance, circular block

Patterns

Examiner's choice
Won Hyo

Sparring

3 step sparring 8 to 10
3 step semi free sparring (**Basic**)

Focus Kicks

Chamber Kick and hold, Front snap kick, Side kick and Turning Kick

5th Kup – Blue Stripe



FWD

Walking stance, high section hooking block twice, obverse middle punch

BWD

L stance, twin knife hand block

FWD

Side kick, reverse side kick, land L stance, forearm guarding block

BWD

Walking stance high double forearm block

FWD

Front snap kick, turning kick (same leg), land L stance forearm guarding block

BWD

L stance, upward palm heel block

FWD

Bending ready stance, side kick, land in walking stance, front elbow strike

BWD

Walking stance, low section X-fist pressing block

FWD & dwiryo toro / turn around

Turning kick, reverse turning kick (360°), land L stance, forearm guarding block

Patterns

Examiner's choice

Student's choice (not grade pattern)

Yul Gok

Sparring

2 step sparring 1 to 3

3 step semi free (**Intermediate**)

Free sparring

4th Kup – Blue Belt



FWD

First 3 moves of Joong Gun

BWD

Walking stance, pressing block

FWD

Turning kick, side kick (same leg), land L stance forearm guarding block

BWD

L stance, high back fist side strike, release slipping the front leg into a walking stance, high reverse punch

FWD

Walking stance, double forearm block, pull back into L stance, side punch

BWD

L stance, outer forearm waist block

FWD

Side kick, hooking kick (same leg), land L stance, forearm guarding block

BWD

L stance, knife hand guarding block, slip front foot into walking stance, upper elbow strike

FWD

Turning kick, reverse side kick, land L stance, forearm guarding block

BWD

Fixed stance, U shaped block

Patterns

Examiner's choice

Student's choice (not grade)

Joong Gun

Sparring

2 step sparring 4 to 6

3 step semi free sparring (**Advanced**)

Free sparring

3rd Kup – Red Stripe



FWD

Side kick, spin into L stance knife hand strike

BWD

L stance, low knife hand guarding block, slip front foot into walking stance circular block

FWD

Front leg hook kick, same leg side kick, rear leg turning kick, land L stance, knife hand guarding block

BWD

Sitting stance W shaped block

FWD

L stance, knife hand guarding block, move front leg into walking stance, high flat fingertip thrust

BWD

Walking stance, low section X-fist pressing block, twin vertical punch

FWD

Turning kick, reverse turning kick (180°), land L stance, forearm guarding block

BWD

L stance, low section double forearm guarding block, slip the front foot in to walking stance, high section twin front grasp

FWD

Turning kick, downward kick (same leg), land L stance, forearm guarding block

BWD

L stance middle inner forearm block, move front leg in to walking stance, upset fingertip thrust

Patterns

Examiner's choice
Student's choice (not grade)
Toi Gye

Sparring

2 step sparring 1 to 8
1 step sparring (**Basic**)
Free sparring

2nd Kup – Red Belt



FWD

Double side kick (same leg), land L stance knife hand guarding block

BWD

Walking stance, high twin vertical punch

FWD

Double turning kick (same leg), land L stance forearm guarding block

BWD

Walking stance, pressing block (normal speed)

FWD

Walking stance, middle obverse punch, pull up and release, front leg side kick, land L stance, knife hand strike (Hwa Rang)

BWD

Walking stance, low section X-fist pressing block, X-fist rising block

FWD

Side kick, reverse side kick, land walking stance reverse punch, pull back to L stance forearm guarding block

BWD

L stance, twin forearm block, upward punch, slide into fixed stance, side punch, pull back into vertical stance, downward knife hand strike

FWD

Front kick, turning kick (same leg), rear leg reverse turning kick (180°), L stance, knife hand guarding block

BWD

L stance, middle obverse punch, slip front foot into walking stance, X-fist low section pressing block

Jumping Kicks

2 kicks each leg:

Jumping front kick off BACK leg

Jumping turning kick off BACK leg

Jumping side kick off FRONT leg

Jumping reverse side kick off BACK leg

Patterns & Sparring

Student's choice (not grade)

Examiner's choice x 2

Hwa Rang

Set sparring; examiner's choice

Free sparring