



STEPHEN  
LAMBERTH'S



TAE KWON DO SCHOOLS



# Coloured Belt Grading Line Work 10<sup>th</sup> Kup to 2<sup>nd</sup> Kup

EVERY grade a student is marked on Effort / Power / Attitude / Stances & Technique

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

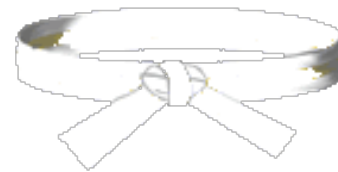
Content reflects the most common line work at each level from 10<sup>th</sup> Kup to 2<sup>nd</sup> Kup



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# 10<sup>th</sup> Kup – White Belt



**Tip: Kihap and count loudly! Lots of**

## **Static**

Sitting stance, front punch

*Tip: toes facing forwards & bend knees. Punch hard and count loudly.*



## **Static**

Walking ready stance, front leg rising kick

*Tip: keep kicking leg straight & kick above your waist.*



## **Static**

10 press ups

*Tip: Male and over 16 on fore fist whilst performing press ups. Keep a straight line with the body.*



**All line work usually 4 to 6 times**

## **Forwards & Backwards**

Walking stance, middle punch

*Tip: walking stance front leg bends and back leg straight*



## **Forwards & Backwards**

Walking stance, low outer forearm block, reverse punch

*Tip: outer forearm block comes from inside. Blocking hand furthest away from face. Knuckle to knuckle*



## **Forwards & Backwards**

Walking stance, middle inner forearm block, reverse punch

*Tip: inner forearm block comes from outside. Blocking hand furthest to face; Knuckles face you.*



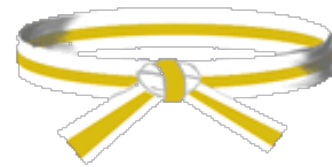
**4 directional punch 1 & 2  
(Sajo Jirugi 1 & 2)**

*Tip: punch centrally keep wrist straight. Show back leg straight in walking stance*



SELF  
DEFENCE

# 9<sup>th</sup> Kup – Yellow Stripe



**Tip: Kihap and count loudly!**

## **Static**

Sitting stance, double punch

*Tip: make sure toes face forwards and punch centrally, bend your knees in stance.*



## **Static**

Walking ready stance, front snap kick

*Tip: keep kicking leg straight – flex knee and straighten when completing kick*



**All line work usually 4 to 6 times**

## **Forwards & Backwards**

Walking stance, double punch

*Tip: punch centrally*



## **Forwards & Backwards**

L stance, middle inner forearm block

*Tip: make block middle section. Fist just below shoulder height.*



## **Forwards & Backwards**

L stance, knife hand strike

*Tip: knife hand comes from inside and finishes your neck height.*



## **Forwards & Backwards**

Walking stance, low block rising block

*Tip: Emphasise hip twist*



## **Chon Ji**

*Tip: Make definite stances and use realism in every movement*



SELF  
DEFENCE

# 8<sup>th</sup> Kup – Yellow Belt



**All line work usually 4 to 6 repetitions**

## **Forwards & Backwards**

L stance, twin forearm block

*Tip: make sure you use a long enough L stance or moves look poor*



## **Forwards**

Walking stance, front snap kick double punch

*Tip: Kick and punch centrally*



## **Backwards**

L stance, inward outer forearm block

*Tip: rotate arm enough so you block with outer forearm*



## **FWD**

Turning kick, land L stance, knife hand guarding block

*Tip: turning kick strike with ball of foot*



## **BWD**

L stance, forearm guarding block

*Tip: make sure your L stance is long enough*



## **Dan Gun**

3 step sparring 1 to 4

*Tip: Do every move with realism and finish every stance properly.*



*Tip: always do 3 step with realism. Lean it throughly*



SELF DEFENCE

# 7<sup>th</sup> Kup – Green Stripe



**All line work usually 4 to 6 repetitions**

## **Forwards**

Turning kick, land L stance knife hand guarding block

*Tip: turning kick strike with ball of foot*



## **Backwards**

Walking stance, wedging block

*Tip: use maximum hip twist*



## **Forwards**

Side kick, land L stance forearm guarding block

*Tip: side kick strike with sword edge*



## **Backwards**

L stance, knife hand guarding block

*Tip: make L stance long enough*



## **Forwards**

Walking stance, straight fingertip thrust

*Tip: show a proper stance*



## **Backwards**

High outer forearm block, mid reverse punch

*Tip: Lock back leg in walking stance and show 2 clearly defined moves.*



## **Do San**

*Tip: Perform pattern with realism. KEY stance is walking stance.*



**3 step sparring 5 to 7**

*Tip: Perform with realism*



SELF  
DEFENCE

# 6<sup>th</sup> Kup – Green Belt



**Remember to show proper stances and power and use 100% effort!  
All line work usually 4 to 6 repetitions**

## **Forwards**

First 2 moves of Won Hyo (L stance twin forearm block then knife hand strike with TOP hand)

## **Backwards**

Walking stance, low block, rising block, reverse punch

## **Forwards**

Walking stance, straight fingertip thrust, release, spin, high back fist side strike (from Do San)

## **Backwards**

Fixed stance, side punch (from Won Hyo)

## **Forwards**

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

## **Backwards**

L stance inward middle outer forearm block, slip the front foot forward into walking stance, high back fist side strike (as in 3 Step)

## **Forwards**

Kicking off the rear leg, front kick, turning kick, side kick (alternating legs) land in L stance, knife hand guarding block (3 steps coming forwards)

## **Backwards**

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



# 5<sup>th</sup> Kup – Blue Stripe



**Remember to show proper stances and power and use 100% effort!  
All line work usually 4 to 6 repetitions**

## **Forwards**

Walking stance, high section hooking block twice, obverse middle punch (as in Yul Gok)

## **Backwards**

L stance, twin knife hand block

## **Forwards**

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

## **Backwards**

Walking stance high double forearm block (as in Yul Gok)

## **Forwards**

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

## **Backwards**

L stance, upward palm heel block

## **Forwards**

Bending ready stance, slight pause – then side kick, land in walking stance, front elbow strike (as in Yul Gok)

## **Backwards**

Walking stance, low section X-fist pressing block

## **Forwards & dwiryo toro / turn around**

Turning kick, reverse turning kick (360°), land L stance, forearm guarding block  
(Reverse turning kick should end up behind)

## **Focus Kicks**

Chamber kick and hold, Reverse side kick

## **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

# 4<sup>th</sup> Kup – Blue Belt



**Remember to show proper stances and power and use 100% effort!  
All line work usually 4 to 6 repetitions**

## Forwards

First 3 moves of Joong Gun (L stance, reverse knife hand block, low front snap kick off front foot, then rear foot stance upward palm block)

## Backwards

Walking stance, pressing block

## Forwards

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

## Backwards

L stance, high back fist side strike, release slipping the front leg into a walking stance, high reverse punch (as in Joong Gun)

## Forwards

Walking stance, double forearm block, pull back into L stance, side punch (as in Joong Gun)

## Backwards

L stance, outer forearm waist block

## Forwards

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

## Backwards

L stance, knife hand guarding block, slip front foot into walking stance, upper elbow strike (as in Joong Gun)

## Forwards

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

**Tip: turning kick hit with ball of foot, reverse turning kick strike with heel**



## Backwards

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



# 3<sup>rd</sup> Kup – Red Stripe



*Remember to show proper stances and power and use 100% effort!  
All line work usually 4 to 6 repetitions*

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## Forwards

Side kick, spin into L stance knife hand strike

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## Backwards

L stance, low knife hand guarding block, slip front foot into walking stance circular block (as in Toi Gye)

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## Forwards

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

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## Backwards

Sitting stance W shaped block

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## Forwards

L stance, knife hand guarding block, move front leg into walking stance, high flat fingertip thrust (as in Toi Gye)

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## Backwards

Walking stance, low section X-fist pressing block, twin vertical punch (as in Toi Gye)

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## Forwards

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

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## Backwards

L stance, low section double forearm guarding block, slip the front foot in to walking stance, high section twin front grasp (as in Toi Gye)

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## Forwards

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

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## Backwards

L stance middle inner forearm block, move front leg in to walking stance, upset fingertip thrust (first 2 moves of Toi Gye)

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## Patterns

Examiner's choice

Student's choice (not grade)

Toi Gye

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## Sparring

2 step sparring 1 to 8

1 step sparring (**Basic**)

Free sparring

# 2<sup>nd</sup> Kup – Red Belt



**Remember to show proper stances and power and use 100% effort!  
All line work usually 4 to 6 repetitions**

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## Forwards

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

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## Backwards

Walking stance, high twin vertical punch

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## Forwards

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

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## Backwards

Walking stance, pressing block (normal speed)

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## Forwards

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

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## Backwards

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

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## Forwards

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

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## Backwards

L stance, twin forearm block, upward punch, slide into fixed stance, side punch, pull back into vertical stance, downward knife hand strike (as in Hwa Rang)

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## Forwards

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

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## Backwards

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

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## Jumping Kicks

### 4 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

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## Patterns & Sparring

- Student's choice (not grade)
- Examiner's choice x 2
- Hwa Rang
- Set sparring; examiner's choice
- Free sparring