



# Stockton Taekwondo

## Grading Syllabus



### Blue Belt

*5th Kup*

#### Stances

- Front Stance
- Forward Stance
- Horse Riding Stance
- Ready Stance
- Fighting Stance
- Back Stance
- Cross Leg Stance (X Stance)

#### Blocks

- Mid Section Inward Block
- Mid Section Outward Block
- Low Section Block
- High Rising Block
- High Section Inward Block
- High Section Outward Block
- High Rising Knife Hand
- Outer Knife Hand Guarding
- Double Knife Hand Guarding
- Low Section X Fist Block
- High Section X Fist Block
- C Shaped Block
- Mid Section Outer Forearm Block
- High Section Outer Forearm Block
- Low Section Knife Hand Block
- Mid Section Outer Knife Hand Block
- Double Low Section Block
- Twin Outer Forearm Block
- Mid Section Outer Ridge Hand Block



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### Strikes

- Back Fist
- Mid Section Punch
- High Section Punch
- Reverse Punch
- Palm Heel
- Elbow Strike Outward
- Forearm Strike
- Back Fist (Fighting)
- Hammerfist (Downward)
- Elbow Strike (Inward/Razor)
- Knife Hand Side Strike
- Inward Knife Hand
- Spin Backfist (Fighting)
- Ridgehand Strike Inwards
- Hammerfist (sideways)
- Spin Knife Hand Side Strike
- Elbow Strike (Upwards)
- Spear Hand Strike (Horizontal)
- C Shaped Strike
- Hook Punch
- Spear Hand Strike (Vertical)
- Upset Punch



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### Kicks

- Front Kick
- High Rising Kick
- Turning Kick
- Hook Kick
- Side Kick
- Axe Kick
- Slip Side Kick
- Inward Crescent Kick
- Outward Crescent Kick
- Back Kick
- Jump Front Kick
- Spin Side Kick
- Slip Front Kick
- Slip Turning Kick
- Scissor Front Kick
- Spin Hook Kick
- Slip Hook Kick
- Jump Side Kick (Lead Leg)
- Jump Inward Crescent Kick
- Jump Outward Crescent Kick
- Jump Slip Hook Kick (Front Leg)
- Jump Spin Side Kick
- Whip Kick

### Self Defence

- Escape counter from wrist grab left and right, same side and opposite sides
- Escape and counter from a double hand grab to the upper body
- Escape and counter from a double hand grab to the wrists
- Escape and counter from a front hair grab
- Escape and counter from a back hair grab
- Escape and counter from standing full nelson
- Escape and counter from a single hand grab to upper body
- Escape/avoid and counter from a push to upper body
- Escape/avoid and counter from a rugby tackle type push



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### Sparring

- 3 Step Sparring
- 1 Step Free
- Free Sparring
- 1 Step Counter

### Patterns

- Pattern 1 – Taegeuk il Jang
- Pattern 2 – Taegeuk ye Jang
- Pattern 3 – Taegeuk sam Jang
- Pattern 4 – Taegeuk sa jang
- Pattern 5 – Taegeuk oh jang

### Fitness x35

- Press Up
- Sit Up
- Squat Thrusts
- Star Jumps