

# WEST COAST

## TAEKWONDO

### 1st Kyp Grading Syllabus

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#### Line Work

1. Static: 10 Jumping snap kicks.
2. Forwards: Walking stance, low block, rising block, reverse punch
3. Backwards: L Stance, knife hand guarding block, slip front foot, walking stance, upper elbow strike (Joong Gun)
4. Forwards: Flying side piercing kick, knife hand guarding block (Chong Moo)
5. Backwards: First 3 moves of Won Hyo
6. Forwards: Rear leg, side kick, reverse side kick, land I stance, forearm guarding block (change legs half way through)
7. Backwards: Walking stance, double hooking block, obverse punch (Yul Gok)
8. Forwards: L Stance, knife hand guarding block, front leg front kick, land in walking stance, high obverse flat fingertip thrust (Toi Gye)
9. Backwards: First 2 moves Toi Gye
10. Forwards: Rear leg, turning kick, reverse turning kick, (180), land I stance, forearm guarding block (change legs half way through)
11. Backwards: Walking stance, X Fist pressing block, twin vertical punch (Toi Gye)

#### Patterns

- Chon Ji: <https://youtu.be/FcSkko18Q9s?si=YjRhMizb9xzE7n5w>
- Do San: <https://youtu.be/V4H4agh64H8?si=aZN5KWNbGq0o5Llv>
- Toi Gye: <https://youtu.be/zyflv2jSNqg?si=GXhjAu2GnlkynMH3>
- Joon Gun: <https://youtu.be/h4Q3FsgJwVU?si=idwxAQkS7h3UUrXn>
- Chong Moo : <https://youtu.be/AgsAq2Z0oL8?si=8bq-IP-5U97tpWB6>

## Knowledge

What is the meaning of Black belt?	Black is the opposite of white, and therefore signifies maturity and proficiency in Tae Kwon-Do. It also signifies the wearer's imperviousness to darkness and fear.
What is the meaning of Chong Moo?	Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.
What makes a technique an obverse or an reverse technique?	An obverse technique is performed on the front hand, whilst a reverse technique is performed on the back hand.
What makes a technique an inward or an outward technique?	An inward technique works inwards, towards the midline of the body, whilst an outward technique works outwards, away from the midline of the body.
What makes a technique a raising technique?	A raising technique is when the technique goes above the performers head.
Which three colour belt patterns feature a release move?	Do San, Joong Gun and Hwa Rang.
What are the weight distributions for the following stances?	
- Walking Stance	- 50/50
- Sitting Stance	- 50/50
- Parallel Stance	- 50/50
- Attention Stance	- 50/50
- Close Stance	- 50/50
- Fixed Stance	- 50/50
- Low Stance	- 50/50
- L Stance	- 70/30
- Vertical Stance	- 60/40
- X Stance	- 90/10
- Rear Foot Stance	- 90/10

- Bending Stance	- 100/0
<p>What are the striking tools for the following kicks?</p> <ul style="list-style-type: none"> <li>- Front Snap Kick</li> <li>- Turning Kick</li> <li>- Side Kick</li> <li>- Hock Kick</li> <li>- Axe Kick</li> <li>- Reverse Turning Kick</li> </ul>	<ul style="list-style-type: none"> <li>- Ball of the foot</li> <li>- Ball of the foot or instep</li> <li>- Side heel</li> <li>- Back heel or ball of the foot</li> <li>- Back heel or ball of the foot</li> <li>- Back heel or ball of the foot</li> </ul>
<p>Show the examiner the following parts of your hand:</p> <ul style="list-style-type: none"> <li>- Fore fist</li> <li>- Side fist</li> <li>- Backfist</li> <li>- Knife hand</li> <li>- Reverse knife hand</li> <li>- Spear finger</li> <li>- Arc hand</li> <li>- Palm heel</li> </ul>	Point to each part.