

WEST COAST

TAEKWONDO

8thth Kyp Grading Syllabus

Line Work

1. Knife hand guarding block (forward and backwards)
2. Twin forearm block (forward and backwards)
3. Walking stance, low block, rising block, reverse punch * (forward and backwards)
4. Back leg side kick, forearm guarding block
5. Axe Kick, forearm guarding

Patterns

- Chon Ji: <https://youtu.be/FcSkko18Q9s?si=YjRhMizb9xzE7n5w>
- Dan Gun: <https://youtu.be/TGR4z5eHawY?si=s5HIP5SAmXc-BzX4>

Knowledge

What is the meaning of yellow belt?	Yellow signifies the Earth, from which a plant sprouts and takes root, as Tae Kwon-Do foundation is being laid.
What is the meaning of Dan Gun?	DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC.
What does perseverance mean?	Perseverance means never giving up.
What is the weight distribution of a sitting stance?	50/50
What is the striking tool for a side kick?	Side heel.
Show the examiner your knife hand.	Point to it.