

Forwards= (Apro Kaggi) Backwards= (Dwiyro Kaggi)

JUNIOR

WHITEBELT

10th Kup



**CHESTERFIELD
TAE KWON-DO**
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10 Press-ups. Momtong bachia
10 Front rising kicks. Ap chaolligi
10 Sitting stance single punches. Annun sogi-jirugi
Sim Sparring. 1 (Standing Double Punches)
Basic Self Defence:

Forwards: Right W.S. obverse punch. gunnon sogi-baro jirugi
Backwards: W.S. obverse punch. gunnon sogi-baro jirugi
Forwards: Left W.S. low outerforearm block. Gunnon sogi-najunde bakat palmok makgi
Backwards: W.S. low outerforearm block. Gunnon sogi-najunde bakat palmok makgi
Forwards: Left W.S. middle innerforearm block. Gunnon sogi-kaunde an palmok makgi
Backwards: W.S. middle innerforearm block. Gunnon sogi-kaunde an palmok makgi

JUNIOR

PURPLESTRIPE

10th Kup

10 Sit-ups.
10 Front rising kicks. Ap chaolligi
10 Sitting stance single punches. Annun sogi-jirugi
Basic Self Defence: 4 Directional Punch. Saju jirugi
Sim Sparring. 1a (Double punch, 45 kick)

Forwards: Left W.S. Low Knifehand block. Gunnon sogi-najunde sonkal makgi
Backwards: W.S. Low Knifehand block. Gunnon sogi-najunde sonkal makgi
Forwards: W.S. Rising Block Gunnon sogi-chookyo makgi
Backwards: W.S. Rising Block Gunnon sogi-chookyo makgi

JUNIOR

ORANGESTRIPE

10th Kup

10 Sit-ups and 10 Press-ups.
10 Front Snap Kicks Ap cha busigi
10 Sitting stance double punches. Annun sogi-doo jirugi
Sim Sparring 1b (Standing Side piercing kick) Yopcha jirugi
Basic Self Defence: 4 Directional Block. Saju makgi

Forwards: Left W.S. rising block, reverse punch. Gunnon sogi-chookyo makgi
Backwards: Left W.S. rising block, reverse punch. Gunnon sogi-chookyo makgi
Forwards: W.S. Open Fist reverse punch. Gunnon sogi-pyun joomuk bandae jirugi
Backwards: W.S. Open Fist reverse punch. Gunnon sogi-pyun joomuk bandae jirugi

SENIOR

WHITEBELT



**CHESTERFIELD
TAE KWON-DO**

10 Press-ups. Momtong bachim 10 Front rising kicks. Ap

chaolligi . 4 Directional Punch. Sajo jirugi

Basic Self Defence:

10 Sitting stance single punches. Anun sogi-jirugi

Sim Sparring 1 (Standing Double Punch)

4 Directional Block. Sajo makgi

Sajo makgi

Forwards: Right W.S. obverse punch. gunnon sogi-baro jirugi

Backwards: W.S. obverse punch. gunnon sogi-baro jirugi

Forwards: Left W.S. low outerforearm block. Gunnon sogi-najunde bakat palmok makgi

Backwards: W.S. low outerforearm block. Gunnon sogi-najunde bakat palmok makgi

Forwards: Left W.S. middle innerforearm block. Gunnon sogi-kaunde an palmok makgi

Backwards: W.S. middle innerforearm block. Gunnon sogi-kaunde an palmok makgi

YELLOW STRIPE

9th Kup

20 P.UP's: Momtong bachim

CHON-JI (19)

10 Sitting Stance Double Punches.

Sim Sparring 2 (Sliding Double Punch)

Basic Self Defence:

Forwards: Left L.S. Knife-hand Strike Niunja sogi-sonkal taerigi

Backwards: L.S. Knifehand guarding block. Niunja sogi-sonkal daebi makgi

Forwards: W.S. middle innerforearm block, reverse punch. Gunnon sogi-kaunde an palmok makgi, bandae jirugi

Backwards: W.S. Low block, rising block. Gunnon sogi-najunde makgi, chookyo makgi

Forwards: L.S. Twin forearm block. Niunja sogi-sang palmok makgi

Backward: W.S. Outerforearm low block, reverse punch. Najunde bakat palmok makgi, bandae jirugi

YELLOWBELT

8th Kup

3 Step Sparring 1-2 Sambo matsoki

CHON-JI (19)

Sim Sparring 3 (Sliding Side-kick)

DAN-GUN (21)

Basic Self Defence:

Forwards: Right W.S. Straight fingertip thrust. Gunnon sogi-Sun sonkut tuligi

Backwards: W.S. Middle side backfist. Gunnon sogi-kaunde yop dung joomuk

Forwards: W.S. Outerforearm wedging block. Gunnon sogi-bakat palmok hechyo makgi.

Forwards: Front snap kick, double punch. Ap cha busigi, doo jirugi

Forwards: Side piercing kick. Yop cha jirugi

Backwards: W.S. Outerforearm high block, reverse middle punch.

Gunnon sogi-bakat palmok nopunde makgi, bandae

jirugi . Forwards: L.S. Middle reverse punch. Niunja sogi-kounde bandae jirugi

Backwards: L.S. Outerforearm inward block. Niunja sogi-bakat polmock anaero makgi

GREENSTRIPE7th Kup
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3 Step Sparring 3-4 **Sambo matsoki**
 Sim Sparring 4 (Sliding Side-kick, Double Punch)
 Basic Self Defence:

CHON-JI (19)
 DAN-GUN (21)
 DO-SAN

(24)

Forwards: Right Turning kick, L.S. guarding block. **Dollyo chagi, niunja sogi-polmok daebi makgi**
 Backwards: Fixed stance side punch. **Gojong sogi-yop jirugi**
 Forwards: W.S. Circular block. **Gunnon sogi-dollimyo makgi**
 Backwards: Back Piercing kick, L.S. guarding block. **dwit cha jirugi, niunja sogi-palmok daebi makgi**
 Forwards: Bending stance, side kick, L.S. guarding block.
Guburyo junbi sogi A-yop chagi, niunja sogi-palmok daebi makgi
 Backward: L.S Twin Knifehand block. **Niunja sogi-sang sonkal makgi**

GREENBELT6th Kup

Free Sparring **Jayo matsoki**
 3 Step Sparring 5-6 **Sambo matsoki**
 Sim Sparring 5 (Back-fist, Reverse knife-hand, 45 Kick)
 Basic Self Defence:

DAN-GUN (21)
 DO-SAN (24)
 WON-HYO (28)

Forwards: Left W.S. Palm high hooking block, hooking block, obverse punch. **Gunnon sogi-Sonbadak nopunde golcho makgi, golcho makgi, baro jirugi**
 Backwards: L.S. Palm upward block. **Niunja sogi-Sonbadak ollyo makgi**
 Forwards: W.S. X fist pressing block, twin vertical punch. **Gunnon sogi-kyocha joomuk noollo makgi, Sang sewo jirugi**
 Backwards: W.S. Double forearm high block. **Gunnon sogi-doo palmok nopunde makgi**
 Forwards: W.S. Flat fingertip thrust. **Gunnon sogi-opun sonkut tulgi**
 Backward: W.S. Double punch. **Gunnon sogi-doo jirugi**
 Forward W.S. Twin upset punch. **Gunnon sogi-sang dwijibo jirugi**
 Backwards: L.S. Side elbow thrust. **Niunja sogi-yop palkup tulgi**

BLUESTRIPE5th Kup

Free Sparring **Jayo matsoki**
 2 Step Sparring 1-2 **Ibo matsoki**
 Sim Sparring 6 (Step-on 45 kick, reverse back-fist, reverse punch)
 Basic Self Defence:

DO-SAN (24)
 WON-HYO (28)
 YUL-GOK (38)

Forwards: Left Low stance. Palm pressing block. **Nachuo sogi-sonbadak noollo makgi**
 Backwards: L.S. Sideside strike. **Niunja sogi-yop joomuk yop taerigi**
 Forwards: Fixed stance. U shaped block. **Gojong sogi-digutcha makgi**
 Backwards: W.S. X fist rising block. **Gunnon sogi-kyocha joomuk chookyo makgi**
 Forwards: W.S. Reverse Angle Punch. **Gunnon sogi-bandae giokja jirugi**
 Backwards: L.S. Reverse knifehand middle block. **Niunja sogi-sonkal dung kaunde makgi**
 Forwards: L.S. Knifehand guarding block, footshift to W.S. upper elbow strike. **Niunja sogi-sonkal daebi makgi, jajun bal, gunnon sogi-wi palkup taerigi**
 Backwards: L.S. Double step, knifehand guarding block. (Change stance). **Ibo omgyo didigi**
Niunja sogi-sonkal daebi makgi

Forwards: Reverse turning kick then perform a L.S. forearm guarding block. **Bandae dollyo chagi, niunja sogi-palmok daebi makgi**
Backwards: W.S. Archand high strike. **Gunnon sogi-bandalson nopunde taerigi**

BLUEBELT

4th Kup



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Free Sparring **Jayo matsoki**
2 Step Sparring 3-4 **Ibo matsoki**
Sim Sparring 7 (Double-step 45kick, Back-kick, Double Punch)
Basic Self Defence:

WON-HYO (28)
YUL-GOK (38)
JOONG-GUN (32)

Forwards: Moving on left leg, Sitting stance W shape block.

Annun sogi-san makgi

Backwards: L.S. Double forearm pushing block.

Niunja sogi-doo palmok miro makgi

Forwards: Downward kick then perform a L.S. guarding block.

Naeryo chagi, niunja sogi-palmok daebi makgi

Backwards: L.S. Low knifehand block, footshift, W.S. circular block.

Niunja sogi-najunde sonkal makgi, jajun bal, gunnon sogi-dollimyo makgi

Forwards: Sidekick, Back kick, W.S. reverse punch, footshift, guarding block

Yopcha Jirugi, Dwitcha Jirugi, gunnon sogi-bandae jirugi, jajun bal, palmok daebi makgi

Backwards: W.S. Upset fingertip thrust.

Gunnon sogi-dwijibun sonkut tulgi

Forwards: Turningkick, reverse turningkick, W.S. rev knifehand high rev strike. Guard

Dollyo chagi, bandae dollyo chagi, gunnon sogi-sonkal dung nopunde taerigi, jajun bal, palmok daebi makgi

Backwards: L.S. Side backfist and a low outerforearm block.

Niunja sogi-yop dung joomuk, najunde bakat palmok makgi

POWER: 1 hand 1 foot, choice technique.

Big pad or 1 board

REDSTRIPE

3rd Kup

Free Sparring **Jayu matsoki**
1 Step Sparring **Ilbo matsoki**
Sim Sparring 8 (45 Kick, Reverse Turning Kick)
Basic Self Defence:

YUL-GOK (38)
JOONG-GUN (32)
TOI-GYE (37)

Forwards: From Rt. L.S. Guarding block. Frontkick off front leg, turningkick off the rear leg.

Ap cha busigi, dollyo chagi

Backwards: L.S. Upward punch.

Niunja sogi-ollyo jirugi

Forwards: Frontkick-sidekick with the same leg.

Ap cha busigi, yop chagi

Forwards: Sliding into- Fixed stance side punch, then pull back into Vertical stance downward knifehand strike.

Mikulgi-gojong sogi-yop jirugi, soojik sogi-naeryo sonkal taerigi

Forwards: W.S. punch, grab hand, release with sidekick, perform L.S. knifehand strike.

Gunnon sogi-baro jirugi, jappyolsol tae, yop chagi, niunja sogi-sonkal taerigi

Backwards: L.S. Obverse punch.

Niunja sogi-baro jirugi

Forwards: Front leg, hookingkick – sidekick, then using back leg, crescentkick–sidekick, L.S. guarding block

Golcho chagi, yop chagi, bandal chagi, yop chagi, niunja sogi-palmok daebi makgi
Forwards: Double step sidekick. To change stance perform a single step.

Ibo omgyo didigi yop chagi

Forwards: Double step turningkick. To change stance perform a single step.

Ibo omgyo didigi dollyo chagi

POWER: Both hands and feet, choice technique.

Big pad or 1 board



REDBELT

2nd Kup

Free Sparring & Free style Sim Sparring. Jayo matsoki
1 Step Sparring & 2step or 3 step. Ilbo, Ibo, sambo matsoki
Basic Self Defence:

JOONG-GUN (32)
TOI-GYE (37)
HWA-RANG (29)

Forwards: Rt.LS. Guarding block, hookingkick-sidekick off the front leg, reverse turning
hooking . kick off the back. Golcho chagi, yop chagi, bandae dollyo goro chagi

Backwards: WS. Knifehand high front strike bringing backhand in front of head.

Gunnon sogi-sonkal nopunde ap taerigi

Forwards: Flying sidekick in a double stepping motion, execute a knife hand guarding block.

Twimyo yop chagi, niunja sogi-sonkal daebi makgi

Backwards: LS. X knifehand middle checking block.

Niunja sogi-kyocha sonkal momchau makgi

Forwards: Turningkick, then reverse turningkick – turningkick on the same leg.

Dollyo chagi, bandae dollyo chagi, dollyo chagi

Backwards: WS. Twin palm upward block.

Gunnon sogi-sang sonbadak ollyo makgi

Forwards: LS. Guarding block, double step hookingkick off the front leg. To change stance
perform . a single step. Ibo omgyo didigi, bandae dollyo goro chagi

Backwards: SS. Middle front outerforearm block and then a high side backfist.

Annun sogi-kaunde ap bakat palmok makgi, nopunde yop dung joomuk

Forwards: Frontkick – downwardkick on the same leg.

Ap cha busigi, naeryo chagi

Forwards: Flying frontkick off the back leg.

Twimyo ap chagi

POWER: Both hands and feet, choice technique.

Big pad / 1 or 2 boards
