

Grading Syllabus

Yellow Belt to Green Stripe

- 1** Presentation And Etiquette
- 2** L-Stance Twin Forearm Block forwards and backwards
- 3** Walking Stance Low Block Rising Block forwards and backwards
- 4** L-Stance Knife Hand Strike forwards and backwards
- 5** Dan-Gun
- 6** On pads - Lift and Shift Side Kick
- 7** On pads - Back Fist
- 8** Sparring
- 9** Power test - Side Kick (Front leg).
- 10** Questions

1. What does TSTUK stand for? - Traditional Style Taekwon-Do United Kingdom

2. What is the meaning of Dan-Gun? - Dan Gun is named after the Holy Dan Gun the legendary founder of Korea in the year 2333BC

3. How many moves in Pattern Dan-Gun? - 21

4. Who is the head of TSTUK and what is their grade? - Master Tizick VII (7th Degree)

5. Name 2 parts of the hand? - Ap joomuk (first 2 knuckles) Sonkal (Knife hand)

6. Name 3 stances - Walking Stance - Gunnan Sogi, L-Stance - Niunja Sogi, Sitting Stance - Annon Sogi