

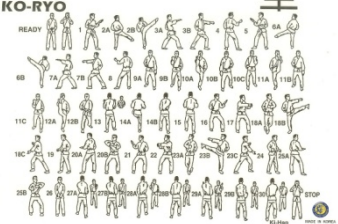


Hadri Taekwondo Academy

Black Stripe Syllabus and Student Progress Chart

Student Name: _____

Date started: _____

Primary Class _____

Technique	Performed Easily? (Yes/No)
<p>Koryo (Black Belt Pattern)- Mock Exam</p>  <p>The diagram shows the Koryo pattern moves, which are 30 in total. They are arranged in a grid-like pattern with labels: READY, 1-30, and STOP. The moves are numbered 1 through 30.</p>	<p><input type="checkbox"/> I know all 30 moves of Koryo</p> <p><input type="checkbox"/> I can perform Koryo</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taegeuk 8 (Pal jang, Earth, 24 moves, GON) – Mock</p>  <p>The diagram shows the Taegeuk 8 (Pal jang) pattern moves, which are 24 in total. They are arranged in a cross shape with labels: 1-24 and STOP.</p>	<p><input type="checkbox"/> I know all 24 moves of Taegeuk 8 (Pal jang)</p> <p><input type="checkbox"/> I can perform Pal jang</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taegeuk 7 (Chil jang, Mountain, 25 moves, GAN)</p>  <p>The diagram shows the Taegeuk 7 (Chil jang) pattern moves, which are 25 in total. They are arranged in a cross shape with labels: 1-25 and STOP.</p>	<p><input type="checkbox"/> I know all of 25 moves of Taegeuk 7 (Chil jang)</p> <p><input type="checkbox"/> I can perform Chil jang</p> <p><input type="checkbox"/> I can perform Chil jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>

1 Step Sparring – Advance



- I understand the principles of 1-step sparring
- I can perform at least three 1-step sparring manoeuvres using hand techniques to the required standard
- I can perform at least three 1-step sparring manoeuvres using leg techniques to the required standard

Student signature _____

Instructor signature _____

Date: _____

3 Step Sparring – Advance



- I understand the principles of 3-step sparring
- I can perform at least two 3-step sparring manoeuvres using hand techniques to the required standard
- I can perform at least two 3-step sparring manoeuvres using leg techniques to the required standard

Student signature _____

Instructor signature _____

Date: _____

One step Kicking exercise – Advance plus (Kicks: Front, Turning, Pushing, Chopping, Side, Back, 360 Turning Kick, Hook kick, Front kick, Any jumping)



- I know what is meant by 1-step kicking exercise
- I can easily perform front kick to the standard required
- I can easily perform turning kick to the standard required
- I can easily perform push kick to the standard required
- I can easily perform chopping kick to the standard required
- I can easily perform side kick to the standard required
- I can easily perform back kick to the standard required.
- I can easily perform 360 turning kick to the standard required.
- I can easily perform hook kick to the standard required.



- I can easily perform front hook kick to the standard required.
- I can easily perform all of the above mentioned kicks in succession to the required standard

Student signature _____

Instructor signature _____

Date: _____

3 Step Kicking exercise – Advance Plus (Kicks: Front, Turning, Pushing, Chopping, Side, Back, 360 Turning Kick, Hook kick, Front kick, Any jumping kicks)



- I know what is meant by 3-step kicking exercise
- I can easily perform front kick to the standard required
- I can easily perform turning kick to the standard required
- I can easily perform push kick to the standard required
- I can easily perform chopping kick to the standard required
- I can easily perform side kick to the standard required
- I can easily perform back kick to the standard required.
- I can easily perform 360 turning kick to the standard required.
- I can easily perform hook kick to the standard required.
- I can easily perform front hook kick to the standard required.
- I can easily perform all of the above mentioned kicks in succession to the required standard

Student signature _____

Instructor signature _____

Date: _____

Free sparring



- I know what is meant by free sparring
- I can demonstrate free sparring when asked to do so

Student signature _____

Instructor signature _____

Date: _____

Power test, measure up and destruct: Hook kick (2 x boards)



- I can break wooden board with a hook kick

Student signature _____

Instructor signature _____

Date: _____

Personal self defence



- Can I defend against, wrist grab, double wrist grab, collar grab, double collar grab, shoulder grab from behind,

Student signature _____

Instructor signature _____

Date: _____

Knife self-defence.



- Can I defend against, knife jab/stab to body
- Can I defend against, knife slash across the face

Student signature _____

Instructor signature _____

Date: _____

Korean Terminology:

- Do I know the Terminology for my grade level. Check the Terminology sheet for your grade level.

Student signature: _____

Instructor signature: _____

Date: _____