British Taekwondo & Mudo Academy

Syllabus requirements for Each Grade

This matrix forms the basis for the grades, and is a guide to the techniques and patterns to be performed proficiently by each student for each of the grades from White Belt (10th Kup) up to Red Belt Black Tag (1st Kup).

Name :									
Stances	**9th**	**8th**	**7th**	**6th**	**5th**	**4th**	**3rd**	**2nd**	**1st**
Charyeot Sohgi - *(Attention Stance)*									
Joonbi Sohgi - *(Ready Stance)*									
Ap Sohgi - *(Walking Stance)*									
Apkoobi Sohgi - *(Long Stance)*									
Dwikoobi Sohgi - *(Back Stance)*									
Juchoom Sohgi - *(Side Stance)*									
Kyorugi Sohgi – *(Fighting Stance)*									
Beom Sohgi – *(Tiger Stance)*									
Basic Kicks									
Ahp Chagi - *(Front Kick)*									
Dollyo Chagi - *(Turning Kick)*									
Bit Chagi - *(45º/Half Turning Kick)*									
Bandul Ahn Chagi - *(In-Out Crescent Kick)*									
Bandul Bahkat Chagi - *(Out-In Crescent Kick)*									
Chiko Chagi – *(Axe Kick)*									
Yup Chagi - *(Side Kick)*									
Dwi Chagi – (*Back Kick)*									
Guligi Chagi - *(Hook Kick)*									
Blocking									
Eolgool Mahki -*(High Block)*									
Momtong Bahkat Mahki-*(Outward Mid Section Block)*									
Momtong Ahn Mahki - *(Inward Mid Section Block)*									
Ahrae Mahki - *(Low Block)*									
Yichoong Sonnal Arae Mahki - *(Double Knife Hand Low Block)*									
Yichoong Sonnal Momtong Mahki - *(Double Knife Hand Middle Block)*									
Eolgool Kyocha Mahki - *(X Block High)*									
Arae Kyocha Mahki – *(X Block Low)*									
Yichoong Momtong Mahki – *(Double Middle Low)*									
Yichoong Arae Mahki - *(Double Low Block)*									
Punching									
Banhdae Jireugi - *(Reverse Punch)*									
Bahro Jireugi - *(Obverse Punch)*									
Sonnal Bahkat Chigi - *(Knife Hand Strike In-Out)*									
Sonnal Ahn Chigi - *(Knife Hand Strike Out-In)*									

Palkoop Chigi - *(Elbow Strike)*									
Deung Joomeok Chigi – *(Back Fist Strike)*									
Chi Jireugi - *(Uppercut)*									
Pyonson Keut Chigi - *(Spear Hand Strike)*									
Batang Son Chigi - *(Palm Heal Strike)*									
Mee Joomeok Chigi – *(Hammer Fist Strike)*									
Gullgi Jireugi - *(Hook Punch)*									
Sonnal Deung - *(Ridge Hand)*									
Dolmyo Mee Joomeok – *(Spinning Hammer Fist)*									
Mudo Patterns									
Jung Shim (Virtuous Spirit)									
Jung Eui (Virtuous Loyalty)									
Jung Shin (Virtuous Faith)									
Jung Nyum (Virtuous Thought)									
Jung In (Virtuous Generosity)									
Jung Hyo (Virtuous Filial Piety)									
Jung Haeng (Virtuous Action)									
Jung Do (Virtuous Path)									
Spinning Kicks									
Dolmyo Dollyo Chagi - *(360 Turning Kick)*									
Banhdae Bandul Chagi –*(Reverse Crescent Kick)*									
Dolmyo Dwi Chagi – *(360 Back Kick)*									
Banhdae Dollyo Chagi - *(Reverse Turning Kick)*									
Dolmyo Banhdae Dollyo Chagi - *(Double Spin Reverse Turning)*									
Dolmyo Chiko Chagi – *(Spinning Axe Kick)*									
Jump Kicks									
Twieo Ap Chagi – (*Jump Front Kick)*									
Twieo Dollyo Chagi – *(Jump Turning Kick)*									
Twieo Dwi Chagi - *(Jump Back Kick)*									
Twieo Yeop Chagi - *(Jump Side Kick)*									