

**ITF TAEKWON-DO**

## **Grading demands for Gup-grades**



**INTERNATIONAL TAEKWON-DO FEDERATION**

**Proposed Gup-grading demands for graining in Uganda and Kenya by Niklas Enander VI<sup>o</sup>**

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## INSTRUCTIONS

- For grading to 9-6 Gup the recommended minimum number of participated classes is 24. For grading to 5-3 Gup the recommended minimum number of participated classes is 36. For grading to 3-2 Gup the recommended minimum number of participated classes is 48. For grading to 1 Gup the recommended minimum number of participated classes is 60.
- The person being tested shall not only fulfil the demand of the grade that will be tested for but the person shall also be able to fulfil the demands for the lower grades and the grading instructor can ask the person grading to show also these techniques during the grading.
- All Gup-gradings shall, except the said technical demands, also include tests in **strength**, **agility** and **theory**. How this is tested is up to the grading instructor.
- Power breaking techniques shall be adapted individually and separately for men and women.
- Yaksok Matsogi (Goal sparring) shall be made in a form of "follow John" principle where the participants exchange techniques in a high tempo against each other. The techniques shall be performed in a "combat environment" close to the body but without contact.
- For power breaking the best boards to use is wooden boards 30x30 cm. The thickness shall be about 1,5 cm.

**The technical demands to achieve below grades.**

<b>10 Gup</b>		
<b>TECHNIQUEGROUP</b>	<b>TECHNIQUE</b>	<b>COMMENT</b>
<b>Son Gisool</b> Hand techniques	Annun So Kaunde Jirugi Sitting Stance Middle Punch	
	Gunnun So Baro Jirugi Walking Stance Obverse Punch	
	Gunnun So Bakat Palmok Najunde Makgi Walking Stance Outer Forearm Low Block	
<b>Bal Gisool</b> Leg techniques	Gunnun So Ap Cha Olligi Walking Stance Front Rising Kick	
	Annun So Yop Cha Olligi Sitting Stance Side Rising Kick	
	Gunnun So Ap Cha Busigi Walking Stance Front Snap Kick	
<b>Tul</b> Pattern	Gunnun So Saju Chagi/Ap Cha Olligi Walking Stance Fourdirection Front Rising Kick	
	Saju Jirugi Fourdirection Punch	
<b>Matsogi</b> Fighting	Sambo Matsogi in Gunnun Sogi Threestep Sparring in Walking Stance	<i>Alone</i>

<b>9 Gup</b>		
<b>TECHNIQUEGROUP</b>	<b>TECHNIQUE</b>	<b>COMMENT</b>
<b>Son Gisool</b> Hand techniques	Gunnun So Sonkal Najunde Makgi Walking Stance Knifehand Low Block	
	Niunja So Kaunde Palmok Daebi Makgi L Stance Middle Forearm Guarding Block	
	Niunja So Kaunde An Palmok Makgi L Stance Middle Inner Forearm Block	
<b>Bal Gisool</b> Leg techniques	Annun So Yop Dollyo Chagi Sitting Stance Side Turning Kick	
	Gunnun So Twimyo Ap Cha Busigi Walking Stance Jumping Front Snap Kick	<i>"Scissors technique".</i>
<b>Tul</b> Pattern	Saju Makgi Fourdirection Block	
	Chon Ji Tul	
<b>Matsogi</b> Fighting	Sambo Matsogi in Gunnun Sogi Threestep Sparring in Walking Stance	

<b>8 Gup</b>		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Niunja So Sang Palmok Makgi L Stance Twin Forearm Block	
	Gunnun So Chukyo Palmok Makgi Walking Stance Rising Forearm Block	
	Niunja So Sonkal Yop Taerigi L Stance Knifehand Side Strike	
<b>Bal Gisool</b> Leg techniques	Annun So Yop Chagi Sitting Stance Side Kick	
	Gunnun So Twimyo Ap Cha Busigi Walking Stance Jumping Front Snap Kick	<i>"Scissors technique".</i>
	Annun So Twimyo Yop Dollyo Chagi Sitting Stance Jumping Side Turning Kick	<i>"Scissors technique".</i>
<b>Tul</b> Patterns	Saju Makgi	
	Chon Ji Tul	
	Dan Gun Tul	
<b>Matsogi</b> Fighting	Sambo Matsogi in Niunja Sogi Threestep Sparring in L Stance	<i>Only hand techniques.</i>

<b>7 Gup</b>		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Gunnun So Bakat Palmok Makgi Walking Stance Outer Forearm Block	
	Gunnun So Bakat Palmok Hechyo Makgi Walking Stance Outer Forearm Wedging Block	
	Gunnun So Sun Sonkut Tulgi Walking Stance Straight Fingertip Thrust	
<b>Bal Gisool</b> Leg techniques	Niunja So Bakuro Naeryo Chagi L Stance Outer Downward Kick	
	Annun So Twimyo Yop Chagi Sitting Stance Jumping Side Kick	<i>"Scissors technique".</i>
<b>Tul</b> Patterns	Chon Ji Tul	
	Dan Gun Tul	
	Do San Tul	
<b>Matsogi</b> Fighting	Sambo Matsogi in Niunja Sogi Threestep Sparring in L Stance	<i>Only hand techniques.</i>
<b>Kyok Pa</b> Power breaking	Yop Chagi Side Kick	<i>1 board.</i>

<b>6 Gup</b>		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Niunja So Sonkal Nopunde Anuro Taerigi	
	Gunnun So Palmok Dollimyo Makgi	
	Gooburyo So Palmok Daebi Makgi	
<b>Bal Gisool</b> Leg techniques	Niunja So Tora Yop Chagi	<i>180 degrees</i>
	Niunja So Goro Chagi	<i>With rear leg.</i>
	Niunja So Twimyo Goro Chagi	<i>"Scissors technique".</i>
	Niunja So Twimyo Bakuro Naeryo Chagi	<i>"Scissors technique".</i>
<b>Tul</b> Patterns	Dan Gun Tul	
	Do San Tul	
	Won Hyo Tul	
<b>Hosin Sul</b> Self defence	Release from grip with one hand	<i>3 techniques.</i>
<b>Matsogi</b> Fighting	Sambo Matsogi in Niunja Sogi	<i>Leg technique as attack.</i>
	Yaksok Matsogi – Dollyo Chagi (1 min.)	<i>"Follow John" combination.</i>
<b>Kyok Pa</b> Power breaking	Sonkal Yop Taerigi	<i>1 board.</i>

<b>5 Gup</b>		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Gunnun So Sonbadak Golchoo Makgi	
	Niunja So Sang Sonkal Makgi	
	Gunnun So Doo Palmok Nopunde Makgi	
	Gunnun So Ap Palkup Taerigi	
<b>Bal Gisool</b> Leg techniques	Niunja So Tora Goro Chagi	
	Niunja So Annuro Naeryo Chagi	
	Niunja So Twimyo Tora Yop Chagi	<i>180 degrees.</i>
<b>Tul</b> Patterns	Do San Tul	
	Won Hyo Tul	
	Yul Gok Tul	
<b>Hosin Sul</b> Self defence	Release from grip with two hands	<i>3 techniques.</i>
<b>Matsogi</b> Fighting	Ilbo Matsogi	<i>2 combinations.</i>
	Yaksok Matsogi - Yop Chagi (1 min.)	<i>"Follow John" combination.</i>
	Yaksok Matsogi - Naeryo Chagi (1 min.)	<i>"Follow John" combination.</i>
<b>Kyok Pa</b> Power breaking	Dollyo Chagi	<i>1 board.</i>

4 Gup		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Gunnun So Kyocha Joomuk Chukyo Makgi	
	Gunnun So Wipalgup Taerigi	
	Gojung So Digtja Makgi	
	Gunnun So Nopunde Sang Joomuk Sewo Jirugi	
<b>Bal Gisool</b> Leg techniques	Niunja So Bandae Dollyo Chagi	
	Niunja So Tora Goro Chagi	
<b>Tul</b> Patterns	Won Hyo Tul	
	Yul Gok Tul	
	Joong Gun Tul	
<b>Hosin Sul</b> Self defence	Release from grip on body	3 techniques.
<b>Matsogi</b> Fighting	Ibo Matsogi	3 combinations.
	Yaksok Matsogi - Goro Chagi (1 min.)	"Follow John" combination.
	Yaksok Matsogi - Dwit Chagi (1 min.)	"Follow John" combination.
	Bal Jaju Matsogi	Only high kicks.
<b>Kyok Pa</b> Power breaking	Ap Joomuk Jirugi	1 board.
	Tora Yop Chagi	1 board.
	Twimyo Nopi Ap Chagi	Height: raised arm.

3 Gup		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Gunnun So Kyocha Joomuk Noolo Makgi	
	Annun So Bakat Palmok San Makgi	
	Niunja So Sonkal Najunde Daebi Makgi	
	Gunnun So Dwijibun Sonkut Najunde Tulgi	
<b>Bal Gisool</b> Leg techniques	Niunja So Tora Yop Chagi och Yop Chagi	Duble kick combination.
	Niunja So Twimyo Tora Goro Chagi	180 degrees.
<b>Tul</b> Patterns	Yul Gok Tul	
	Joong Gun Tul	
	Toy Gye Tul	
<b>Hosin Sul</b> Self defence	Release from grip on body	5 techniques.
<b>Matsogi</b> Fighting	Ibo Matsogi	5 combinations.
	Yaksok Matsogi - Tora Goro Chagi ( 1 min.)	"Follow John" combination.
	Jaju Matsogi (2 x 1,5 min)	With protective equipment.
<b>Kyok Pa</b> Power breaking	Twimyo Tora Yop Chagi	1 board.
	Twimyo Dollyo Chagi	About .20 cm over headheight.

<b>2 Gup</b>		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Niunja So Ollyo Jirugi	
	Soojik So Sonkal Naeryo Taerigi	
<b>Bal Gisool</b> Leg techniques	Niunja So Bakuro Naeryo Chagi och Yop Chagi	<i>Double kick combination.</i>
	Niunja So Twio Dollmio Yop Chagi	<i>360 grader.</i>
<b>Tul</b> Patterns	Joong Gun Tul	
	Toy Gye Tul	
	Hwa Rang Tul	
<b>Hosin Sul</b> Self defence	Attacks decided by the instructor	<i>5 techniques.</i>
<b>Matsogi</b> Fighting	Ibo Matsogi	<i>8 combinations.</i>
	Yaksok Matsogi - Naeryo/Yop Chagi (1 min.)	<i>"Follow John" combination.</i>
	Yaksok Matsogi - Dollyo/Dwit Chagi (1 min.)	<i>"Follow John" combination.</i>
	Jaju Matsogi (3 x 1,5 min)	<i>With protective equipment.</i>
<b>Kyok Pa</b> Power breaking	Dung Joomuk	<i>1 board.</i>
	Bandae Dollyo Chagi	<i>1 board.</i>
	Twimyo Nomo Yop Chagi	<i>Over ca.3 personer.</i>

<b>1 Gup</b>		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Son Gisool</b> Hand techniques	Niunja So Kyocha Sonkal Yop Makgi	
	Gunnun So Doo Sonbadak Ollyo Makgi	
	Gunnun So Sonkal Dung Nopunde Ap Taerigi	
<b>Bal Gisool</b> Leg techniques	Niunja So Twimyo Annuro Naeryo Chagi	<i>360 degrees.</i>
	Niunja So Twio Dollmio Yop/Dwit Chagi	<i>Double kick, 360 degrees.</i>
<b>Tul</b> Patterns	Toy Gye Tul	
	Hwa Rang Tul	
	Choong Moo Tul	
<b>Hosin Sul</b> Self defence	Free program.	<i>At least 10 techniques.</i>
<b>Matsogi</b> Fighting	Ibo Matsogi	<i>10 combinations.</i>
	Yaksok Matsogi - Dollyo/Tora Goro Chagi (1 min.)	<i>"Follow John" combination.</i>
	Jaju Matsogi (5 x 1,5 min)	<i>With protective equipment.</i>
<b>Kyok Pa</b> Power breaking	Ap Joomuk Jirugi	<i>2 boards.</i>
	Sonkal Dung Ap Taerigi	<i>1 board.</i>
	Twimyo Nomo Yop Chagi	<i>Over about .5 persons.</i>
	Twio Dollmio Yop Chagi, 360°	<i>Head height.</i>
	Twimyo Bandae Dollyo Chagi	<i>About .20 cm over headheight.</i>