



Turun ITF Taekwon-Do

Indicative Colour Belt  
Grading Syllabus 9/2022

## Colour Belt Grading Syllabus



**TURUN ITF TAEKWON-DO**





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## Information about the grading syllabus

The grading syllabus can be used as a guideline to indicate what a practitioner should be able to do at each belt rank. Students are expected to be able to perform all techniques expected of their belt, as well as all previous belts' techniques. The syllabus can be used as a guide for students' training, as well as for setting short-term training goals.

Before learning new techniques, students must be able to do everything expected of their current belt and all previous belt ranks. It is also worth noting that not every new belt rank comes with new techniques in all sections of the sport. For example, there are no new requirements for step sparring between 7 gup and 6 gup. A 6 gup green belt is however expected to perform the same step sparring sequences to a higher standard than a 7 gup green stripe, as befitting of someone of higher rank.

The presented syllabus is generic. During the grading a student may be asked to perform techniques outside the syllabus which have been practised prior to the exam.

It is recommended to inform your regular teacher that you wish to participate in the next grading in good time. If you are aiming for a higher belt or to progress 2 gups in one exam, it is important to begin preparing for the grading with plenty of time to spare. Informing your teacher of your intention to grade is the best way to ensure that you will be able to prepare fully for the coming grading. Official registration for the grading requires the verbal consent from your regular teacher in Turku (colour belt gradings) or from the club's head teacher (black belt gradings).

For those aspiring to participate in black belt exams, the SITF (Suomen ITF Taekwon-Do) has collected a list of all the required courses a student must attend before the black belt exam. These include amongst others umpiring and teacher training courses. The current requirements are listed [here](#) (only in Finnish). It is highly recommended to attend the mandatory courses in good time before the black belt exam (1-2 years in advance).

## Typical grading structure

The grading will most likely include at least the following:

- Basic techniques
- Patterns
- Step sparring
- Grading-style sparring
- Self defence
- Breaking (wooden or plastic boards; under 18s perform techniques to kick shields)
- Kicks/other techniques to pads/kick shields
- Theory

Note: the precise contents of the exam changes with belt rank. The expected quality and variety of techniques performed in the grading increases with belt rank.



The theory section typically includes questions about patterns, their meanings, belt-appropriate techniques the history of the sport. Ask your teacher for advice if you are unsure to what level you should study theory for the next grading.

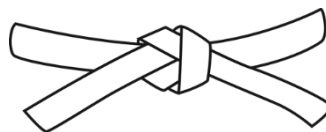
**Typical minimum training requirements between gradings**

To progress 1 gup in the next exam*		To progress 2 gups in the next exam*	
<b>9 gup → 8 gup</b>	1 month / 26 classes	<b>9 gup → 7 gup</b>	2 months / 52 classes
<b>8 gup → 7 gup</b>	1 month / 26 classes	<b>8 gup → 6 gup</b>	2 months / 52 classes
<b>7 gup → 6 gup</b>	1 month / 26 classes	<b>7 gup → 5 gup</b>	2 months / 52 classes
<b>6 gup → 5 gup</b>	2 months / 39 classes	<b>6 gup → 4 gup</b>	6 months / 78 classes or 4 months / 102 classes
<b>5 gup → 4 gup</b>	3 months / 39 classes or 2 months / 51 classes	<b>5 gup → 3 gup</b>	6 months / 78 classes or 4 months / 102 classes
<b>4 gup → 3 gup</b>	3 months / 39 classes or 2 months / 51 classes	<b>4 gup → 2 gup</b>	7 months / 90 classes or 4 months / 102 classes
<b>3 gup → 2 gup</b>	2 months / 51 classes	<b>3 gup → 1 gup</b>	8 months / 102 classes or 5 months / 128 classes
<b>2 gup → 1 gup</b>	4 months / 51 classes or 3 months / 77 classes		
<b>1 gup → 1. Dan</b>	5 months / 64 classes or 3 months / 77 classes		

\*) In coloured belt gradings, a student can progress 1 or 2 gups per grading at the examiner's discretion.



## **10 Gup (White belt)**



### General expected knowledge:

- Expected behaviour in the Dojang
- Basic theory (vocabulary, Korean commands used during classes, see theory package)
- Taekwon-Do oath and tenets
- Detailed information about stances
- Names of the body parts used in basic techniques (in Korean, English and/or Finnish)
- Bandae techniques (i.e. reverse techniques, opposite side to usual)

### Stances (sogi; often abbreviated to "so"):

- Junbi Sogi (ready stance)
- Gunnun Sogi (walking stance)
- Charyot Sogi (attention stance)
- Narani Sogi (parallel stance)
- Moa Sogi (closed stance)

### Attacks and blocks:

- Palmok Najunde Makgi (forearm low block)
- Sonkal Najunde Bakuro Makgi (knifehand low outward block)
- Bakat Palmok Makgi (outer forearm block)
- An Palmok Makgi (inner forearm block)
- Sonkal Bakuro Makgi (knifehand outward block, mid- and high section)
- Baro Jirugi (obverse punch)
- Bandae Jirugi (reverse punch)

### Four-directional movements (Saju Jirugi/Makgi/Chagi):

- Saju Jirugi (four-directional punch)
- Saju Makgi (four-directional block)
- Saju Chagi (four-directional kick)

### Kicks (chagi):

- Apcha Olligi (front rising kick, blocking technique)
- Yopcha Olligi (side rising kick, blocking technique)
- Apcha Busigi (front snap kick)

### Step sparring:

- (Han Chok) Sam Bo Matsogi = three-step sparring alone, moving in one direction

### Good to know:

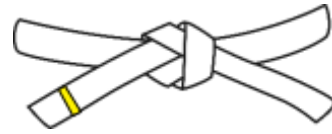
- Niunja Sogi (L-stance)
- Annon Sogi (sitting stance)



## Turun ITF Taekwon-Do

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### 9 Gup (White belt with yellow stripe)



Pattern:

- Chon-Ji Tul

Stances:

- Niunja Sogi (L-stance)
- Annon Sogi (sitting stance)

Kicks, Chagi (Najunde/low section, kaunde/mid-section):

- Dollyo Chagi (turning kick)
- Yop Dollyo Chagi (side turning kick)
- Yopcha Jirugi (side kick)
- Yop Apcha Busigi (side-front snap kick)
- Naeryo Chagi (Anuro/inwards and Bakuro/outwards, downward/axe kick)

Step sparring:

- (Yang Chok) Sambo Matsogi = three-step sparring in two directions
- Both types of three-step sparring alone and with a partner

Other:

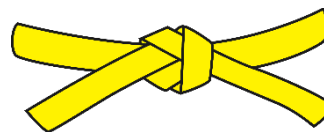
- Theory
- Niunja So Palmok Daebi Makgi (L-stance forearm guarding block) and Niunja So Sonkal Daebi Makgi (L-stance knifehand guarding block)
- Jayu Matsogi (command for the ready position for free sparring)



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### 8 Gup (Yellow belt)



Pattern:

- Dan-Gun Tul

Basic techniques:

- Niunja So Sonkal Daebi Makgi (L-stance knifehand guarding block)
- Niunja So Sang Palmok Makgi (L-stance twin forearm block)
- Gunnun So Palmok Chookyo Makgi (Walking stance forearm rising block)
- Niunja So Sonkal Kaunde Bakuro Taerigi (L-stance knifehand middle outward strike)

Step sparring:

- (Han Chok) Sambo Matsogi = three-step sparring with a partner in one direction
- (Yang Chok) Sambo Matsogi = three-step sparring with a partner in two directions

Grading-style sparring:

- No contact; techniques should land 10-20 cm from the opponent's body
- No head contact
- No sparring gear

Other:

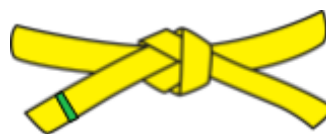
- Theory
- Principles of self-defence (laws regarding self-defence in emergency situations)
- Basic techniques on the reverse side (Bandaeh)



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### 7 Gup (Yellow belt with green stripe)



Pattern:

- Do-San Tul

Basic techniques:

- Gunnun So Sun Sonkut Kaunde Tulgi (walking stance straight fingertip thrust)
- Gunnun So Dung Joomuk Nopunde Yop Taerigi (walking stance backfist high side strike)
- Gunnun So Bakat Palmok Nopunde Hechyo Makgi (walking stance high forearm wedging block)

Step sparring:

- I bo matsogi = two-step sparring with a partner (basic sequence)

Grading-style sparring:

- No contact; techniques should land 10-20 cm from the opponent's body
- No head contact
- No sparring gear

Self-defence (hosinsul):

- Releases from grabs (wrist, clothing)

Other:

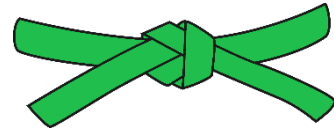
- Theory
- Gunnun So Kyocha Joomuk Najunde Noollo Makgi (walking stance X-fist pressing block, used in two-step sparring basic sequence)



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### 6 Gup (Green belt)



#### Pattern:

- Won-Hyo Tul

#### Basic techniques:

- Niunja So Sonkal Nopunde Anuro Taerigi (L-stance knifehand high inward strike)
- Gojung So Kaunde Baro Jirugi (fixed stance middle obverse punch)
- Goburyo Junbi Sogi A (bending ready stance A)
- Gunnun So An Palmok Kaunde Dollimyo Makgi (walking stance inner forearm circular block)

#### Stances:

- Gojung Sogi (fixed stance)
- Goburyo Sogi (bending stance)

#### Kicks:

- Dwitcha Jirugi (back kick)

#### Step sparring:

- I bo matsogi = two-step sparring with a partner

#### Sparring:

- Semi (with/without sparring gear)

#### Breaking:

- Apcha Busigi (Najunde)
- Dollyo Chagi (Najunde, Kaunde)
- Yopcha Jirugi (Najunde, Kaunde)
- Dwitcha Jirugi (Najunde, Kaunde)
- Sonkal-tekniikat (Anuro ja Bakuro)
- Ap joomuk ( $\geq 16$ -year-old men)

#### Self-defence (hosinsul):

- Releases from grasps (wrist, clothes, bear hug etc.)
- Takedowns and locks

#### Other:

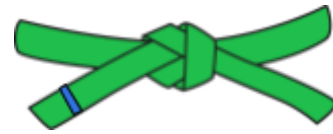
- Can apply and combine different stances and techniques based on given commands
- Theory



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### 5 Gup (Green belt with blue stripe)



#### Pattern:

- Yul-Gok Tul

#### Basic techniques:

- Gunnun So Sonbadak Kaunde Golcho Makgi (walking stance middle hooking block)
- Gunnun So Ap Palkup Kaunde Taerigi (walking stance front elbow strike)
- Kyocha So Dung Joomuk Nopunde Yop Taerigi (X-stance backfist high side strike)
- Gunnun So Doo Palmok Nopunde Makgi (walking stance double high forearm block)

#### Stances:

- Kyocha Sogi (X-stance)

#### Kicks:

- Goro Chagi (hooking kick, attacking)

#### Step sparring:

- Il bo matsogi = one-step sparring with a partner

#### Sparring:

- Semi (with/without sparring gear)

#### Breaking:

- Goro Chagi (Kaunde)
- Ap Palkup Taerigi

#### Self-defence:

- Releases from grasps
- Twists and turns
- Takedowns and locks

#### Other:

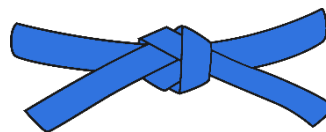
- Theory
- Jumping/flying techniques (twimyo)



## Turun ITF Taekwon-Do

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### 4 Gup (Blue belt)



Pattern:

- Joong-Gun Tul

Basic techniques:

- Niunja So Sonkal Dung Kaunde Bakuro Makgi (L-stance reverse knifehand middle outward block)
- Dwitbal So Sonbadak Ollyo Makgi (rear-foot stance palm upward block)
- Gunnun So Wi Palkup Taerigi (walking stance upper elbow strike)
- Gunnun So Sang Joomuk Nopunde Sewo Jirugi (walking stance twin vertical punch)
- Gunnun So Sang Joomuk Dwijibo Jirugi (walking stance twin upset punch)
- Gunnun So Kyocha Joomuk Chookyo Makgi (walking stance X-fist rising block)
- Nachyo So Sonbadak Najunde Noollo Makgi (low stance palm pressing block)
- Moa So Kaunde Giokja Jirugi (closed stance middle angle punch)
- Gojung So Digtuja Makgi (fixed stance U-shaped block)

Stances:

- Dwitbal Sogi (rear-foot stance)
- Nachyo Sogi (low stance)

Kicks:

- Bandae Dollyo Chagi (reverse turning kick)
- Bandae Dollyo Goro Chagi (reverse turning hooking kick)
- Moorup Ollyo Chagi (upward knee kick)

Step sparring:

- Il bo matsogi = one-step sparring with a partner

Sparring:

- Semi (with/without sparring gear)

Breaking:

- Yopcha Jirugi (Nopunde)
- Dwitcha Jirugi (Nopunde)
- Bandae Dollyo Chagi (Nopunde)
- Bandae Dollyo Goro Chagi (Nopunde)
- Wi Palkup Taerigi

Self-defence:

- Chokes while standing
- Blocks and counter attacks for typical attacks (punches, kicks)

Other:

- Slow-motion movements
- Theory



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### 3 Gup (Blue belt with red stripe)



#### Pattern:

- Toi-Gye Tul

#### Basic techniques:

- Gunnun So Dwijibo Sonkut Najunde Tulgi (walking stance low upset fingertip thrust)
- Moa So Dung Joomuk Yopdwi Taerigi (closed stance backfist side back strike)
- Moa So Sang Palkup Yop Tulgi (closed stance twin side elbow thrust)
- Annun So Bakat Palmok San Makgi (sitting stance outer forearm W-shaped block)
- Gunnun So Mori Japgi (walking stance head grasp)
- Moorup Ollyo Chagi (knee upward kick)
- Gunnun So Opun Sonkut Nopunde Tulgi (walking stance high flat fingertip thrust)
- Niunja So Dung Joomuk Nopunde Yopdwi Taerigi (L-stance backfist high side back strike)
- Niunja So Doo Palmok Najunde Miro Makgi (L-stance twin forearm low pushing block)
- Niunja So Sonkal Najunde Daebi Makgi (L-stance low knifehand guarding block)

#### Kicks:

- Golcho Chagi (hooking kick, defensive)

#### Step sparring:

- Il bo matsogi

#### Ottelu:

- Free (with/without sparring gear)

#### Breaking:

- Sang Palkup Yop Tulgi
- Moorup Ollyo Chagi

#### Self-defence:

- Chokes while standing and on the floor
- Confrontations involving weapons (knives and guns)
  - Principles of both

#### Other:

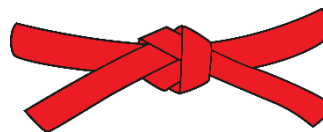
- Theory



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### 2 Gup (Red belt)



Pattern:

- Hwa-Rang Tul

Basic techniques:

- Annun So Sonbadak Miro Makgi (sitting stance palm pushing block)
- Niunja So Ollyo Jirugi (L-stance upward punch)
- Soo Jik So Sonkal Naeryo Taerigi (vertical stance knifehand downward strike)
- Niunja So Yop Palkup Tulgi (L-stance side elbow thrust)
- Moa So an Palmok Nopunde Yopap Makgi (closed stance forearm high side front block)

Stances:

- Soojik Sogi (vertical stance)

Kicks:

Twimyo chagis (flying kicks):

- Twimyo Nopi Chagi (flying high kick)
- Twimyo Dwit/Dollyo/Yop Chagi (flying back/turning/side kick)
- Twio nomo chagi (overhead kick)

More unusual jumping kicks, which are good to know about:

- Twimyo Sangbal Nopi Chagi (flying twin foot high kick)
- Twimyo Sangbal Ap Chagi (flying twin foot front kick)
- Twimyo Sangbal Yopcha Jirugi (flying twin foot side kick, "dropkick")
- Twimyo Apdwi Chagi ("Flying Front-Back Kick", split kick)
- Twio Dolmyo Chagi (flying kick with 180 or 360 degree spin)
- Twimyo Sangbang Chagi (two-directional flying kick)
  
- Apcha and Yopcha Milgi (front and side pushing kick)
- Yopcha Tulgi (side thrusting kick)
- Bituro Chagi (twisting kick)
- Sewo Chagi (vertical kick)
- Bakuro / Annuro Noollo Chagi (inward/outward pressing kick)
- Pihamyong Chagi (simultaneous kick and dodge)
- Duro Gamyong Chagi ("Skip Kick")
- Bandal Chagi (crescent kick, defensive)
- Apcha janda Yopcha momchugi (front and side checking kick)

Step sparring:

- Il bo Matsogi



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### Sparring:

- Free (with/without sparring gear)
- Dirty sparring (hits below the belt and to the back)
- 2 v 1 sparring

### Breaking:

- Twimyo Dollyo Chagi
- Twimyo Nopi Chagi
- Twimyo Nomo Yopchagi
- Twimyo Dwit Chagi
- Twimyo Badae Dollyo Chagi (men only)
- Yop Palkup Tulgi
- Ollyo Jirugi
- Sonkal/Yop Joomuk Naeryo Taerigi

### Self-defence:

- Confrontations involving weapons (knives and guns)
  - Can demonstrate suitable defence against knives;
  - Knows the principles of defence against a gun
- Can demonstrate suitable attacks, blocks, releases, movements etc. for self-defence in a variety of situations

### Other:

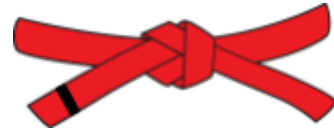
- Jumping techniques + 180 or 360 degree turn (twimyo dollmyo)
- Can combine different stances, techniques and movement styles according to given commands
- Theory



## Turun ITF Taekwon-Do

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### 1 Gup (Red belt with black stripe)



Pattern:

- Choong-Moo Tul

Basic techniques:

- Gunnun So Sonkal Nopunde Ap Taerigi (walking stance knifehand high front strike)
- Gunnun So Sonkal Dung Nopunde Ap Taerigi (walking stance reverse knifehand front strike)
- Annun So Bakat Palmok Ap Makgi (sitting stance outer forearm front block)
- Niunja so kyocha sonkal kaunde momchau makgi (L-stance X-knifehand checking block)
- Gunnun So Sang Sonbadak Ollyo Makgi (walking stance twin palm upward block)

Breaking:

- Dung Joomuk Yop Taerigi ( $\geq 16$ -year old men)
- Sonkal Dung Ap Taerigi

Kicks (good to know):

- Twimyo Sambang Chagi (flying three-directional kick)
- Twimyo Kawi Chagi (Flying Scissor Kick)
- Ap Jirumyo Chagi (simultaneous front punch + kick)
- Joma Chagi (tumbling kick, back somersault)
- Suroh Chagi (leg sweep)
- Bal Golgi (takedown with the foot)
- Taerimyo Chagi (simultaneous strike + kick)
- Tulumyo Chagi (simultaneous thrust + kick)
- Butjapgo Chagi (simultaneous grasp + kick)
- Bansa Chagi (Reflex kick, using a wall)
- Doro Chagi ("Waving kick", defensive)