

Syllabus

Every class you must

1. Immobilise joints
2. warm up and stretching

White Belt

1. Explain Northern Taekwondo rules
2. Attention
3. Bow
4. ready position
5. Stances - Front , side , horse
6. Blocks – Low, Mid section , guarding, outer for arm, high block, inner for arm block (use different stances)
7. Strikers – knife hand and punch (use different stances)
8. Kicks – front, Bandal Chagi, Front rise kick and axe
9. 17 basic movements

Yellow Tag (same as above)

1. Stance - Short
2. Block - Outer for arm, combination block punch techniques
3. kicks – turning and crescent
4. Pattern number one
5. Light contact sparring (see NT rules for protection)

Yellow (same as above)

1. Combination- , block , strike techniques (including switching from side to front stance)
2. Kicks- side, two kick combo
3. pattern two
4. three step sparring

Green Tag (same as above)

1. Blocks – open hand outer fore arm blocks,
2. Kicks – back, reverse turning kick , three kick combo
3. strikes – spear finger
4. pattern three
5. More advance three step sparring

Green Belt (same as above)

1. Strikes – combo , back Knuckle, block spear finger
2. Kicks – reverse spinning kicks
3. Blocks – open hand guarding
4. Pattern four
5. Advances three step sparring

Blue Tag (same as above)

1. Stances – L shape
2. pattern five
3. Basic one step sparring 5 combo required

Blue Belt (same as above)

1. Blocks – high outer fore arm open hand , palm
2. Kicks – Jumping back, Jumping reverse crescent kick, jumping reverse bandal chagi, jumping side / flying side kick.
3. Strikes – upset, twin vertical, back fist, elbow, groin
4. Pattern six
5. Once step sparring with two take down techniques

Red Tag (same as above)

1. Stances – Cat ,
2. Blocks – wedge , scissor,
3. Pattern seven
4. One step sparring 8 techniques required.

Red Belt (same as above)

1. Blocks – twin high inner fore arm low block combo
2. Kicks – double front, jumping front scissor kick
3. Pattern eight
4. one step sparring two additional techniques

Black tag (same as above)

1. All moves must be perfected whilst a black tag belt.

