

Inspire Me
Group

Taekwondo Syllabus



Introductory note from Danny...

Taekwondo originated in Korea and the words **Tae kwon do** refers to the art of hand and feet. At Inspire we teach Taekwondo as it requires hard work, discipline, confidence, persistence and respect. We aim to instill these values into the children through our lessons. By combining the training aspects of traditional Taekwondo and incorporating fun, physical games we can provide a fulfilling program that keeps children learning while having fun.

The syllabus that we currently have is separated by belt stages and progresses from the basics to the more advanced techniques. Our black belt instructors are qualified instructors to pass on their knowledge of Taekwondo to the next generation through observation and clear communication.

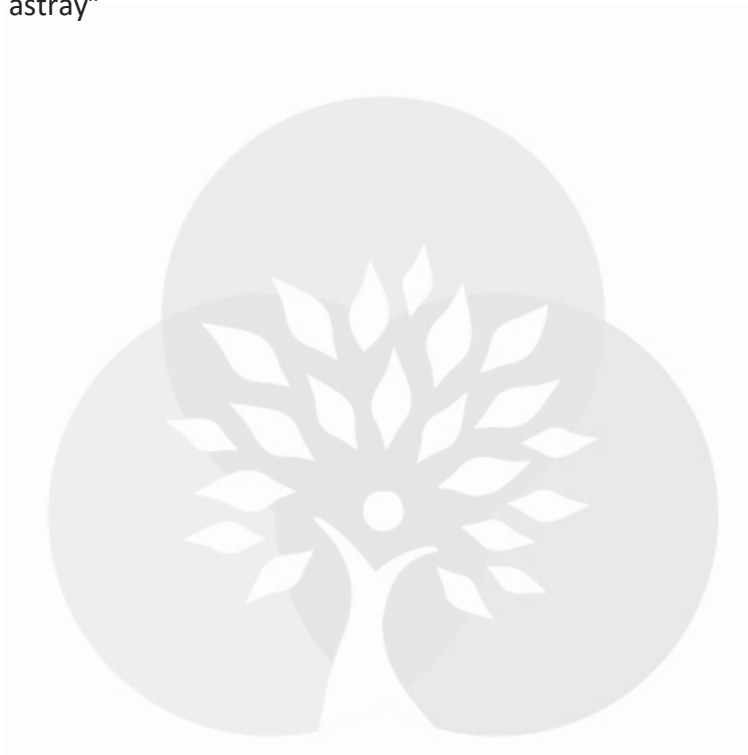
We at Inspire like to work hard but also love to play.

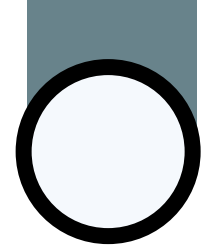
“Everyone starts on the path to the greatest however you must focus as there are many distractions that can lead you astray”

- Anonymous

Kind regards,

Danny Taing





GUP 10

WHITE BELT

TAEKWONDO SYLLABUS

Hand Techniques	Horse Riding Stance <ul style="list-style-type: none">• Basic Punch• Double Punch “Taekwon”• Triple Punch “Taekwondo”• Swallow Punch• Knife Hand• Finger Punch• Low Block• High Block
Kicking Techniques	Kick while moving forward <ul style="list-style-type: none">• Straight Leg Raise (head height, both legs)• Crescent Kick (out-in, both legs over pad)• Front Kick
Physical Challenges	<ul style="list-style-type: none">• Reps are done in a row and breaks in between exercises• 5 Push-ups• 5 sit-ups (assisted)• 10 squats• 30 seconds horse riding stance Flexibility <ul style="list-style-type: none">• Hamstring—Ankle touch• Adductor— > 60 degrees

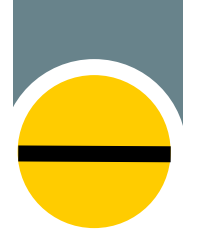


GUP 9

YELLOW BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Long Stance (walking forward and turning)</p> <p>Attacking:</p> <ul style="list-style-type: none">• Basic Punch• Swallow Punch• Knife Hand• Finger Punch <p>Defending:</p> <ul style="list-style-type: none">• Low Block• Inner Block• High Block
Kicking Techniques	<p>Kick while walking forward</p> <ul style="list-style-type: none">• Front Kick (back foot, body height)• Axe Kick (back foot, head height)• Turning Kick
Pattern	<ul style="list-style-type: none">• Basic four directional punch pattern
Physical Challenges	<ul style="list-style-type: none">• Reps are done in a row and breaks in between exercises• 10 Push-ups• 10 sit-ups (assisted)• 20 squats• 40 seconds horse riding stance <p>Flexibility</p> <ul style="list-style-type: none">• Hamstring—Ankle touch• Butterfly stretch—< 20cm• Adductor— 65 to 90 degrees

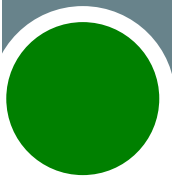


GUP 8

YELLOW STRIPE BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Short Stance (walking forward and turning)</p> <p>Attacking:</p> <ul style="list-style-type: none">• Basic Punch• Swallow Punch• Knife Hand <p>Defending:</p> <ul style="list-style-type: none">• Low Block• High Block• Inner Block• Outer Block
Kicking Techniques	<p>Kick while walking forward</p> <ul style="list-style-type: none">• Front Kick (back foot, head height)• Axe Kick (back foot, head height)• Turning Kick (back foot, head height)• Side Kick
Pattern	<ul style="list-style-type: none">• Pattern 1 (Il Jang)
Physical Challenges	<ul style="list-style-type: none">• Reps are done in a row and breaks in between exercises• 10 Push-ups• 10 sit-ups (assisted)• 20 squats• 40 seconds horse riding stance <p>Flexibility</p> <ul style="list-style-type: none">• Hamstring—Ankle touch• Butterfly stretch—< 20cm• Adductor— 65 to 90 degrees

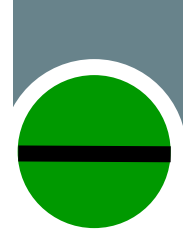


GUP 7

GREEN BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Long Stance (walking forward and turning)</p> <ul style="list-style-type: none">• Low Block and Single Punch• Inner Block and Single Punch• High Block and Single Punch• Outer Block and Single Punch
Kicking Techniques	<p>Kick while walking forward</p> <ul style="list-style-type: none">• Push Kick• Front Kick (back foot, head height)• Axe Kick (back foot, head height)• Turning Kick (back foot, head height)• Side Kick (back foot, body height)
Pattern	<ul style="list-style-type: none">• Pattern 2 (Ee Jang)
Self Defence Techniques	<ul style="list-style-type: none">• Wrist grab, same hand—twist hand to outside of wrist and push down, other hand up• Wrist grab, same hand—grip your own hand, pull away
Physical Challenges	<ul style="list-style-type: none">• Reps are done in a row and breaks in between exercises• 15 Push-ups• 15 sit-ups (assisted)• 30 squats• 50 seconds horse riding stance <p>Flexibility</p> <ul style="list-style-type: none">• Hamstring—Toe touch• Butterfly stretch—< 15 cm• Adductor— 70 to 90 degrees

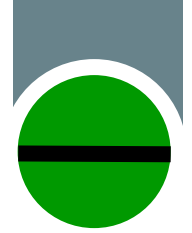


GUP 6

GREEN STRIPE BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Long Stance (walking forward and turning)</p> <ul style="list-style-type: none">• Low Block and Double Punch• Inner Block and Double Punch• High Block and Double Punch• Outer Block and Double Punch <p>Back Stance (walking forward and turning)</p> <ul style="list-style-type: none">• Single Knife Hand Block• Single Outer Block
Kicking Techniques	<p>Kick while walking forward</p> <ul style="list-style-type: none">• Push Kick• Front Kick (back foot, head height)• Axe Kick (back foot, head height)• Turning Kick (back foot, head height)• Side Kick (back foot, body height)• Back Side Kick (back foot, body height)
Pattern	<ul style="list-style-type: none">• Pattern 3 (Sam Jang)
Self Defence Techniques	<ul style="list-style-type: none">• Wrist grab, same hand—twist hand to outside of wrist and push down, other hand up• Wrist grab, same hand—grip your own hand, pull away• Wrist grab, cross hand—twist hand to outside of wrist and push down with prayer hands• Double wrist grab—both hands circle outside, smash wrists together and push down



GUP 6

GREEN STRIPE BELT

TAEKWONDO SYLLABUS

Physical Challenges

- Reps are done in a row and breaks in between exercises
- 15 Push-ups
- 15 sit-ups (assisted)
- 30 squats
- 50 seconds horse riding stance

Flexibility

- Hamstring—Toe touch
- Butterfly stretch—< 15 cm



GUP 5

BLUE BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Long Stance (walking forward and turning)</p> <ul style="list-style-type: none">• Parry Finger Punch• Knife Hand High Block Knife Hand Strike <p>Back Stance (walking forward and turning)</p> <ul style="list-style-type: none">• Double Knife Hand Block• Double Outer Block
Kicking Techniques	<p>Kick while walking forward</p> <ul style="list-style-type: none">• Turning Kick (back foot, head height)• Side Kick (back foot, body height)• Back Side Kick (back foot, body height)• Back Hook Kick
Pattern	<ul style="list-style-type: none">• Pattern 4 (Sah Jang)
Self Defence Techniques	<ul style="list-style-type: none">• Wrist grab, same hand—twist hand to outside of wrist and push down, other hand up• Wrist grab, same hand—grip your own hand, pull away• Wrist grab, cross hand—twist hand to outside of wrist and push down with prayer hands• Double wrist grab—both hands circle outside, smash wrists together and push down• Hand shake—use other hand to apply thumb lock to opponent, break the grip.• Bear Hug—Wrap leg to stop from being lifter, Kimora arm lock
One Step Sparring	<ul style="list-style-type: none">• Inner block, single body punch• High block, single body punch• Palm strike one board



GUP 5

BLUE BELT

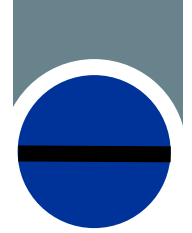
TAEKWONDO SYLLABUS

Physical Challenges

- Reps are done in a row and breaks in between exercises
- 20 Push-ups
- 20 sit-ups (assisted)
- 40 squats
- 1 minute horse riding stance

Flexibility

- Hamstring—Floor touch
- Butterfly stretch—< 10cm



GUP 4

BLUE STRIPE BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Long Stance (walking forward and backward)</p> <ul style="list-style-type: none">• Back Fist• Elbow Strike <p>Back Stance (walking forward and backward)</p> <ul style="list-style-type: none">• Double Low Knife Hand Block• Double Low Outer Block
Kicking Techniques	<p>Kick while walking forward</p> <ul style="list-style-type: none">• Running Kick (back foot, head height)• Side Kick (back foot, body height)• Back Side Kick (back foot, body height)• Back Hook Kick• Tornado Kick
Pattern	<ul style="list-style-type: none">• Pattern 5 (Oh Jang)
Self Defence Techniques	<ul style="list-style-type: none">• Wrist grab, same hand—twist hand to outside of wrist and push down, other hand up• Wrist grab, same hand—grip your own hand, pull away• Wrist grab, cross hand—twist hand to outside of wrist and push down with prayer hands• Double wrist grab—both hands circle outside, smash wrists together and push down• Hand shake—use other hand to apply thumb lock to opponent, break the grip.• Bear Hug—Wrap leg to stop from being lifter, Kimora arm lock• One handed shirt grab—hold hand on shirt, elbow drop• One handed shirt grab—wrist control, break grip, wrist drop



GUP 4

BLUE STRIPE BELT

TAEKWONDO SYLLABUS

One Step Spar- ring

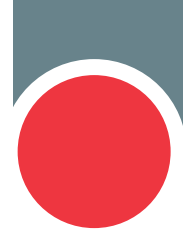
- Inner block, single body punch
- High block, single body punch
- Inner block, double body punch, single head punch
- High block, single head punch, knee
- Palm strike a board

Physical Chal- lenges

- Reps are done in a row and breaks in between exercises
- 20 Push-ups
- 20 sit-ups (assisted)
- 40 squats
- 1 minute horse riding stance

Flexibility

- Hamstring—Floor touch
- Butterfly stretch—< 10cm



GUP 3

RED BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Long Stance</p> <ul style="list-style-type: none">• Outer Knife Hand Block (return to Jumbi after each technique)• Palm block single punch (moving forward and backward) <p>Back Stance (walking forward and backward)</p> <ul style="list-style-type: none">• Double Low Knife Hand Block• Double Low Outer Block
Kicking Techniques	<p>Kick while moving forward</p> <ul style="list-style-type: none">• Front Kick (body height), turning kick (head height), breaking board• Running Turning Kick (front leg), Back Kick (both body height), breaking board• Back Stationary Kick (head height)• Tornado Kick (head height)• Running Fly Side Kick (head height)• Double front kick to breaking board (body height)
Pattern	<ul style="list-style-type: none">• Pattern 6 (Yuk Jang)• Pattern 5 (Oh Jang)
Self Defence Techniques	<ul style="list-style-type: none">• Wrist grab, same hand—twist hand to outside of wrist and push down, other hand up• Wrist grab, same hand—grip your own hand, pull away• Wrist grab, cross hand—twist hand to outside of wrist and push down with prayer hands• Double wrist grab—both hands circle outside, smash wrists together and push down• Hand shake—use other hand to apply thumb lock to opponent, break the grip.• Bear Hug—Wrap leg to stop from being lifter, Kimora arm lock• One handed shirt grab—hold hand on shirt, elbow drop• One handed shirt grab—wrist control, break grip, wrist drop

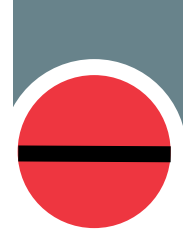


GUP 3

RED BELT

TAEKWONDO SYLLABUS

One Step Sparring	<ul style="list-style-type: none">• Inner block, single body punch• High block, single body punch• Inner block, double body punch, single head punch• High block, single head punch, knee• Jump back right leg fight stance, turning kick body• Jump back left leg fight stance, turning kick body, turning kick head
Breaking Boards	<ul style="list-style-type: none">• Single punch, blue board (body height)
Physical Challenges	<ul style="list-style-type: none">• Reps are done in a row and breaks in between exercises• 25 Push-ups• 25 sit-ups (assisted)• 50 squats• 1.15 minute horse riding stance <p>Flexibility</p> <ul style="list-style-type: none">• Hamstring—Hand on floor touch• Butterfly stretch—< 5 cm• Adductor— 85 to 90 degrees



GUP 2

RED STRIPE BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Long Stance (moving forward and backward)</p> <ul style="list-style-type: none">• Simultaneous low block and outer block <p>Tiger Stance (turning left, and turning right)</p> <ul style="list-style-type: none">• Single Palm Block• Single Inner Block
Kicking Techniques	<ul style="list-style-type: none">• Front Kick (body height), turning kick (body height), Back Hook Kick (head height)• Turning Kick, Turning Kick, Back Kick (all body height), board breaking• Turning Kick (body height), Tornado Kick (head height)• Running Flying Side Kick (head height)• Double front kick to breaking board (body height)
Pattern	<ul style="list-style-type: none">• Pattern 7 (Chil Jang)• Pattern 6 (Yuk Jang)• Pattern 5 (Oh Jang)
Self Defence Techniques	<ul style="list-style-type: none">• Wrist grab, same hand—twist hand to outside of wrist and push down, other hand up• Wrist grab, same hand—grip your own hand, pull away• Wrist grab, cross hand—twist hand to outside of wrist and push down with prayer hands• Double wrist grab—both hands circle outside, smash wrists together and push down• Hand shake—use other hand to apply thumb lock to opponent, break the grip.• Bear Hug—Wrap leg to stop from being lifter, Kimora arm lock• One handed shirt grab—hold hand on shirt, elbow drop• One handed shirt grab—wrist control, break grip, wrist drop



GUP 2

RED STRIPE BELT

TAEKWONDO SYLLABUS

One Step Spar- ring

- Inner block, single body punch
- High block, single body punch
- Inner block, double body punch, single head punch
- High block, single head punch, knee
- Jump back right leg fight stance, turning kick body
- Jump back left leg fight stance, turning kick body, turning kick head
- Jump back right leg fight stance, turning kick body, back hook kick
- Jump back right leg fight stance, turning kick body, turn around turning kick
- Palm strike two boards

Breaking Boards

- Single punch, blue board (body height)

Physical Chal- lenges

- Reps are done in a row and breaks in between exercises
- 25 Push-ups
- 25 sit-ups (assisted)
- 50 squats
- 1.15 minute horse riding stance

Flexibility

- Hamstring—Hand on floor touch
- Butterfly stretch—< 5 cm
- Adductor— 85 to 90 degrees



GUP 1

HALF RED HALF BLACK BELT

TAEKWONDO SYLLABUS

Hand Techniques	<p>Tiger Stance (turning left, and turning right)</p> <ul style="list-style-type: none">• Double Knife Hand Block
Kicking Techniques	<p>All Kicking Techniques from previous belts</p> <ul style="list-style-type: none">• Turning Kick (body height), Tornado Kick (body height), Back Hook Kick (head height)• Knee Up Back Kick (body height), Break Board (body height)• Knee Up Back Hook Kick (Head Height)• Running Flying Side Kick (head height), Break Board (Body Height)• Double front kick to breaking board (body height)
Pattern	<ul style="list-style-type: none">• Pattern 1-7• Pattern 8 (Pal Jang)
Self Defence Techniques	<ul style="list-style-type: none">• Wrist grab, same hand—twist hand to outside of wrist and push down, other hand up• Wrist grab, same hand—grip your own hand, pull away• Wrist grab, cross hand—twist hand to outside of wrist and push down with prayer hands• Double wrist grab—both hands circle outside, smash wrists together and push down• Hand shake—use other hand to apply thumb lock to opponent, break the grip.• Bear Hug—Wrap leg to stop from being lifter, Kimora arm lock• One handed shirt grab—hold hand on shirt, elbow drop• One handed shirt grab—wrist control, break grip, wrist drop



GUP 1

HALF RED HALF BLACK BELT

TAEKWONDO SYLLABUS

One Step Spar- ring

- Inner block, single body punch
- High block, single body punch
- Inner block, double body punch, single head punch
- High block, single head punch, knee
- Jump back right leg fight stance, turning kick body
- Jump back left leg fight stance, turning kick body, turning kick head
- Jump back right leg fight stance, turning kick body, back hook kick
- Jump back right leg fight stance, turning kick body, turn around turning kick
- Palm strike two boards

Freestyle One Step Sparring

- Attacker will attack either using front kick, turning kick or side kick
- Defender will defend front kick, turning kick or side kick

Breaking Boards

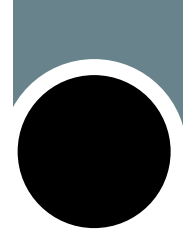
- Single punch, blue board (body height), both hands

Physical Chal- lenges

- Split reps into 2 sets, 30 second break between sets
- 50 Push-ups
- 50 sit-ups (assisted)
- 100 squats
- 1.5 minute horse riding stance

Flexibility

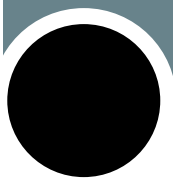
- Hamstring—Hand on floor touch
- Butterfly stretch—0 cm
- Adductor— >90 degrees



BLACK BELT

TAEKWONDO SYLLABUS

Hand Techniques	<ul style="list-style-type: none">• Long Stance: Knife hand, lower knife block• Long Stance: Swallow punch, lower knife hand black• One hand outer knife hand block, punch to palm, step to side, side kick
Kicking Techniques	<ul style="list-style-type: none">• Triple turning kick (low, mid, high)• Double front kick paddles• Jumping back side kick onto shields• Front kick, back side kick, hook kick• Jumping back hook kick (paddle, head height)
Pattern	<ul style="list-style-type: none">• Pattern Koryo
Breaking Board	<ul style="list-style-type: none">• Tornado breaking board• 2 kick combo breaking board (freestyle)• Punching through boards
Freestyle Kicking	<ul style="list-style-type: none">• 20 seconds



BLACK BELT

TAEKWONDO SYLLABUS

Physical Challenges

Flexibility

- Splits front and middle

Strength

- Split reps into 2 sets, 30 second break between sets
- 50 Push-ups
- 50 Sit-ups (assisted)
- 100 squats
- 1.5 minute horse riding stance

Beep Test—20m run
Score of 8

Korean Commands

KOREAN COMMANDS

Counting in Korean	One		Hana	("Ha-Na")
	Two		Dul	("Dhool")
	Three		Set	("Set")
	Four		Net	("Net")
	Five		Dasot	("Da-Sut")
	Six		Yasot	("Yo-Sut")
	Seven		Ilgup	("Eel-Gope")
	Eight		Yodol	("Yo-Dull")
	Nine		Ahop	("Ah-Hope")
	Ten		Yeol	("Yull")
Start of Lesson	Hello		Anyeong Haseyo	("An-young Ha-say-yo")
	Attention		Churirut	
	Bow		Kyungnet	
	Ready		Joon Bi	
During Lesson Commands	Begin		Sijak	
	Return (face the instructor)		Baro	("Baa-Row")
	Attention (After Baro)		Shiyo	
	Yell		Kihap	("Kee-Yah-P")

Korean Commands (cont.)

KOREAN COMMANDS

Terminology	Instructor (Master) Horse Riding Stance		Sabomnim	("Sah-bum-nim")
End of Lesson				