



The practice of Taekwondo covers a wide range of disciplines and purposes, including sparring (kyorugi), forms (poomsae), breaking (kyuk-pa) and self-defence (hosinsul). Inevitably though, most practitioners are more interested in some aspects than others. British Taekwondo's aim is to provide high-quality Taekwondo experiences for all members, whatever aspects of Taekwondo they choose to focus on. And this syllabus is designed to provide a route to black-belt certification for those members who choose to devote themselves to 'sport' Taekwondo (competition sparring), as well as fulfilling the requirements for traditional Dan promotion standards - this will ensure clear choices for participants to practice and specialise within their chosen aspect, so that they can achieve at the highest level possible.

These are the minimum recommendations from the British Taekwondo Martial Arts Technical Team for safely teaching the syllabus from 10th Kup (white belt) to 1st Dan (black-belt), in conjunction with the British Taekwondo insurance recommendations. Nonetheless, it is unlikely that many beginners will choose to concentrate solely on competition and sport, yet the syllabus provides for those who do so at whatever grade.

And another point of note is that entrants into the syllabus might be sufficiently experienced and/or might show individual potential and potential through previous training, for example in another martial art or due to training under the ITF Taekwondo code, to warrant appropriate and more rapid progression through the syllabus.

The fundamental principle in all training is that safety must come first, and the Instructors' and Coaches' judgements in choosing training exercises take into account the age, ability, health, weight, medical condition, behaviour and grade of students. All forms of free sparring are practised under full WTF rules and students are encouraged to be familiar with the latest rules and competition procedures, along with having their own personal protective equipment (PPE), which includes mouth, head, trunk, arm, hand, leg, and groin guards - PPE is compulsory for light-contact and full-contact sparring practice.

The long-term health and welfare of students is paramount and comes before any consideration of competition weight; hence Instructors/Coaches and students should be aware of what constitutes a healthy diet for competition athletes, and indeed the correct methods for controlling weight. And any students planning to lose weight, to meet their fighting weight, must follow a scientifically proven and rational dietary regime. In particular, young students should be taught to avoid excessive or over-rapid weight loss in order to meet fighting weights, and all students, especially young students, should avoid maintaining unnaturally low weights for competition.

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10th to 9th Kup [minimum recommendations]

Training Period:	Minimum 4 months since beginning.
Standard:	Students should perform 70% of each technical target and 70% of tactical targets competently to pass - power and accuracy are not essential.
Technical Content:	Back leg turning kick, crescent kick, side kick to body, chop kick to head; Front leg slipping turning kick and check/push to body; Front body punch; Protective blocks from turning and head kick; Simple reaction to a stimulus; Open and closed stances; Tactical options from known techniques.
Technical Assessment:	Kicking static target with variety of kicks on pads; 2×1 minute rounds of attack and counter; Variety of kicks on a chest pad on a moving opponent; 2×1 minute rounds of attack and counter; Multiple kicks and combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Awareness of timing of responses and attack; Knowledge and awareness of distance; Free-sparring of 3×1 minute rounds with adequate rest; Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 minute on pads).
Performance Assessment:	National/International Competition - not required

9th to 8th Kup [minimum recommendations]

Training Period:	Minimum 4 months from 9 th Kup.
Standard:	Students should perform 70% of each technical target and 70% of tactical targets competently to pass - power and accuracy are not essential, although there should be evidence of learning to develop correct methods for generation of power and accuracy.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body and head; Front leg slipping turning kick to body and check/push; Front body punch; Blocks from turning and head kick; Simple reaction to a stimulus; Open and closed stances; Tactical options from known techniques.
Technical Assessment:	Variety of kicks on pads; 2×1 minute rounds of attack and counter; Variety of kicks on a chest pad on a moving opponent; 2×1 minute rounds of attack and counter; Combinations of kicks above; tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Awareness of timing of responses/attack; Awareness of distance; Free-sparring of 3×1 minute rounds with adequate rest; Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 minutes on pads).
Performance Assessment:	National/International Competition - not required

8th to 7th Kup [minimum recommendations]

Training Period:	Minimum 4 months from 8 th Kup.
Standard:	Students should perform 70% of each technical target and 70% of tactical targets competently to pass – power not essential but techniques fairly accurate.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body and head; Counter to body and head; Front leg slipping turning kick to body; Counter to body and check/push; Reverse back kick to body; Front body punch; Blocks from turning and head kick; Simple reaction to a stimulus (for above techniques); Open and closed stances; Direct and travelling options; Tactical options from known techniques.
Technical Assessment:	Variety of kicks on pads; 2×1 minute rounds of attack and counter; Variety of kicks on a chest pad on a moving opponent; 2×1 minute rounds of attack and counter; Multiple kicks; Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack; Knowledge and awareness of distance; Free sparring 3×1 minute rounds with adequate rest; Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 mins on pads).
Performance Assessment:	National Competition – 1 to 1 compete; Open compete

7th to 6th Kup [minimum recommendations]

Training Period:	Minimum 4 months from 7 th Kup.
Standard:	Students should perform 70% of each technical target and 70% of tactical targets competently, with some power and accuracy, to pass.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body and head; Counter to body and head; Front leg slipping turning kick to body and head; Counter to body and check/push to body and head; Reverse back kick to body; Spin kick to body; Front body punch; Blocks from turning and head kick; Simple reaction to a stimulus (for above techniques); Open and closed stances; Direct and travelling options; Tactical options from known techniques.
Technical Assessment:	Variety of kicks on pads; 2×1 minute rounds of attack and counter – good power; Variety of kicks on a chest pad on a moving opponent; 2×1 minute rounds of attack and counter; Multiple kicks; Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack; Knowledge and awareness of distance; Free sparring 3×1 minute rounds with adequate rest; Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 minutes on pads).
Performance Assessment:	National Competition – 1 to 1 compete; Open compete

6th to 5th Kup [minimum recommendations]

Training Period:	Minimum 4 months from 6 th Kup.
Standard:	Students should perform 70% of each technical target and 70% of tactical targets competently, with moderate power and good accuracy, to pass - there should be no significant errors in the techniques and good balance in sparring, and sparring must show good control.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body/head; Counter to body/head; Front leg slipping turning kick to body/head; Counter to body and check/push to body/head; Reverse back kick to body/head; Spin kick to body; Front body punch; Blocks from turning and head kick; Speed reaction to a stimulus (for above techniques); Open/closed stances; Direct travelling stepping inward/outward; Tactical options from known techniques.
Technical Assessment:	Variety of kicks on pads; 2×2 minute rounds of attack and counter – good power; Variety of kicks on a chest pad on a moving opponent; 2×2 minute rounds of attack and counter with good power; Multiple kicks; Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack; Knowledge and awareness and control of distance; Free sparring 2x2 minute rounds with adequate rest; Demonstrate a competent reaction to a moving stimulus in sufficient time (2x2 minutes on pads).
Performance Assessment:	National Competition – 1 to 1 compete; Open compete – minimum 2 rounds

5th to 4th Kup [minimum recommendations]

Training Period:	Minimum 4 months from 5 th Kup.
Standard:	Students should perform 70% of each technical target and 70% of tactical targets competently to pass - techniques should have speed, power, accuracy and some fluidity of movement, and there should be no (or insignificant) errors in techniques with good balance and control in sparring.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body/head; Counter to body/head; Front leg slipping turning kick to body/head; Counter to body and check/push to body/head; Reverse back kick to body/head; Spin kick to body/head; Front body punch; Blocks from turning and head kick; Speed reaction to a stimulus (for above techniques); Open/closed stances; Direct and travelling options with step inward/outward and shift forward/back; Ring craft to dominate centre; Tactical options from known techniques.
Technical Assessment:	Variety of kicks on pads; 2×2 minute rounds of attack and counter – good power; Variety of kicks on a chest pad on a moving opponent; 2×2 minute rounds of attack and counter with good power; Multiple kicks; Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack with speed; Knowledge, awareness and control of distance before and after techniques; Free sparring 2x2 minute rounds with adequate rest; Demonstrate competent reaction to a moving stimulus in sufficient time (2x2 mins on pads).
Performance Assessment:	National Competition – 1 to 1 compete; Open compete – minimum 2 rounds

4th to 3rd Kup [minimum recommendations]

Training Period:	Minimum 4 months from 4 th Kup.
Standard:	Students should perform 70% of each technical target and 70% of tactical targets competently to pass - techniques should have speed, power, accuracy and some fluidity of movement, and there should be no (or insignificant) errors in techniques with good balance, combinations of techniques and control in dynamic sparring.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body and head; Counter to body and head; Front leg slipping turning kick to body and head; Counter to body and check/push to body and head; Reverse back kick to body and head; Spin kick to body and head; Front body punch; Blocks from turning and head kick; Speed reaction to a stimulus (for above techniques); Open and closed stances; Direct and travelling options with step inward and outward and shift forward and back; Ring craft to dominate centre and escape from corners; Tactical options from known techniques to keep a lead.
Technical Assessment:	Variety of kicks on pads; 2×2 minute rounds of attack and counter – high impact power; Variety of kicks on a chest pad on a moving opponent; 2×2 minute rounds of attack and counter with high impact power; Multiple kicks; Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack with speed; Knowledge, awareness and control of distance before and after techniques; Basic set up of combinations; Free sparring 3x2 minute rounds with adequate rest and with little limitation so as to operate freely; Demonstrate competent reaction to a moving stimulus in sufficient time (2x2 minutes on pads).
Performance Assessment:	National Competition – 1 to 1 compete; Open compete – minimum 2 rounds

3rd to 2nd Kup [minimum recommendations]

Training Period:	Minimum 4 months from 3 rd Kup.
Standard:	Students should show a high degree of speed, power, accuracy, balance and fluidity of movement. There should be no consistent major errors in the performance of techniques, though occasional and/or infrequent errors are acceptable - sparring should suggest that the student is a confident, competent and controlled fighter.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body and head; Counter to body and head; Front leg slipping turning kick to body and head; Counter to body and check/push to body and head with good hold of technique; Reverse back kick to body and head; Spin kick to body and head; Front body punch; Blocks from turning and head kick; Speed reaction to a stimulus (for above techniques); Open and closed stances; Direct and travelling options with step inward and outward and shift forward and back; Ring craft to dominate centre and escape from corners; Tactical options from known techniques to keep a lead and to get back into lead.
Technical Assessment:	Variety of kicks on pads; 2×2 minute rounds of attack and counter – high impact power; Variety of kicks on a chest pad on a moving opponent; 2×2 minute rounds of attack and counter with high impact power; Multiple kicks;

Technical Assessment: Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack with speed; Knowledge, awareness and control of distance before and after techniques; Set up complex combinations; Free sparring 3x2 minute rounds with adequate rest and with little limitation so as to operate freely; Demonstrate competent reaction to a moving stimulus in sufficient time (2x2 minutes on pads).

Performance

Assessment: National Competition – 1 to 1 compete and win; Open compete – minimum of 2 rounds; Safe weight management and importance of preparation.

2nd to 1st Kup [minimum recommendations]

Training Period: Minimum 4 months from 2nd Kup.

Standard: Students should show a high degree of competence in all areas. Techniques must be performed well, with confidence, power, speed and accuracy. Sparring should involve combinations and suggest that the student is a confident, competent and imaginative fighter. Combinations should be performed automatically, with fluidity and without hesitation.

Technical Content: Back leg turning kick, chop kick, crescent kick, side kick - all to body and head; Counter to body and head; Front leg slipping turning kick to body and head; Counter to body and check/push to body and head with good hold of technique; Reverse back kick to body and head; Spin kick to body and head; Front body punch; Blocks from turning and head kick; Speed reaction to a stimulus (for above techniques); Open and closed stances; Direct and travelling options with step inward and outward and shift forward and back; Ring craft to dominate centre, escape or score from corners; Tactical options from known techniques to keep a lead and to get back into lead.

Technical Assessment: Variety of kicks on pads; 2x2 minute rounds of attack and counter – high impact power; Variety of kicks on a chest pad on a moving opponent; 2x2 minute rounds of attack and counter with high impact power; Multiple kicks; Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack with speed; Knowledge, awareness and control of distance before and after techniques; Set up complex combinations; Free sparring 3x2 minute rounds with adequate rest and with little limitation so as to operate freely; Demonstrate competent reaction to a moving stimulus in sufficient time (2x2 minutes on pads).

Performance

Assessment: National Competition – 1 to 1 compete and win; Open compete – minimum of 2 rounds; Safe weight management and importance of preparation.
International Competition – Open compete

1st Kup to 1st Dan [minimum recommendations]

Training Period:	Minimum 6 months from 1 st Kup.
Standard:	Students must show good technical ability in all areas of Taekwondo covered by the syllabus. Technical errors should be rare. Performance should be confident, fluid and reflexive, with speed of techniques and response, rather than mere mechanical repetition of techniques. Sparring must involve combinations and suggest that the student is an imaginative and dynamic fighter.
Technical Content:	Back leg turning kick, chop kick, crescent kick, side kick - all to body and head; Counter to body and head; Front leg slipping turning kick to body and head; Counter to body and check/push to body and head with good hold of technique; Reverse back kick to body and head with attack and counter; Spin kick to body and head with attack and counter; Multiple kicking sequences with emphasis on high section and variety with little limitation; Front body punch; Blocks from turning and head kick; Speed reaction to a stimulus (for above techniques); Open and closed stances; Direct and travelling options with step inward and outward and shift forward and back; Ring craft to dominate centre, escape or score from corners; Tactical options from known techniques to keep a lead and to get back into lead under pressure of score; Poomsae x2, as specified in Kukkiwon Dan Promotion Test Regulations (Article 11)
Technical Assessment:	Variety of kicks on pads; 2×2 minute rounds of attack and counter – high impact power; Variety of kicks on a chest pad on a moving opponent; 2×2 minute rounds of attack and counter with high impact power; Multiple kicks; Combinations of above; Tactical one-for-one kicking; Accuracy of kicks with specific targets based around options from techniques learnt; Good timing of responses/attack with speed; Knowledge, awareness and control of distance before and after techniques; Set up complex combinations; Free sparring 3x2 minute rounds with adequate rest and with little limitation so as to operate freely; Demonstrate competent reaction to a moving stimulus in sufficient time (2x2 minutes on pads). Poomsae x2 as specified in Kukkiwon Dan Promotion Test Regulations (Article 12)
Performance Assessment:	National Competition – Open compete with evidence of performance outcomes of previous 4 competitions (pool list results); Safe weight management and importance of preparation. International Competition – Open compete with evidence of performance outcomes of previous 2 competitions (pool list results).