

FREE STUDY GUIDE

Grading Checklists — every belt

One tick-list per grade: exactly what to have ready before you step on the mat. Print your grade, tick as you go.

Tick your way to grading day

✓ White • 10th Kup

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| ☐ Saju Jirugi (4-directional punch), both ways | ☐ Line-work — all 8 drills |
| ☐ Korean terminology for this grade | ☐ The five tenets, in order |
| ☐ Theory of power, all six | ☐ Meaning of your belt colour |
| ☐ Dobok clean, belt tied properly | |

✓ Yellow Tag • 9th Kup • Chon-Ji

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| ☐ Chon-Ji, all 19 movements | ☐ Meaning of Chon-Ji |
| ☐ Line-work — all 8 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |

✓ Yellow • 8th Kup • Dan-Gun

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| ☐ Dan-Gun, all 21 movements | ☐ Meaning of Dan-Gun |
| ☐ 3 Step Sparring (Sambo Matsoki) | ☐ Line-work — all 8 drills |
| ☐ Korean terminology for this grade | ☐ The five tenets, in order |
| ☐ Theory of power, all six | ☐ Meaning of your belt colour |
| ☐ Dobok clean, belt tied properly | |

 Green Tag • 7th Kup • Do-San

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| ☐ Do-San, all 24 movements | ☐ Meaning of Do-San |
| ☐ 3 Step Sparring (Sambo Matsoki) | ☐ Line-work — all 8 drills |
| ☐ Korean terminology for this grade | ☐ The five tenets, in order |
| ☐ Theory of power, all six | ☐ Meaning of your belt colour |
| ☐ Dobok clean, belt tied properly | |

 Green • 6th Kup • Won-Hyo

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| ☐ Won-Hyo, all 28 movements | ☐ Meaning of Won-Hyo |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 9 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |

 Blue Tag • 5th Kup • Yul-Gok

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| ☐ Yul-Gok, all 38 movements | ☐ Meaning of Yul-Gok |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 8 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |

 Blue • 4th Kup • Joong-Gun

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| ☐ Joong-Gun, all 32 movements | ☐ Meaning of Joong-Gun |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 10 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |

 Red Tag • 3rd Kup • Toi-Gye

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| ☐ Toi-Gye, all 37 movements | ☐ Meaning of Toi-Gye |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 9 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |

 Red • 2nd Kup • Hwa-Rang

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| ☐ Hwa-Rang, all 29 movements | ☐ Meaning of Hwa-Rang |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 11 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |

 Black Tag • 1st Kup • Choong-Moo

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| ☐ Choong-Moo, all 30 movements | ☐ Meaning of Choong-Moo |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 16 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |

**Make it stick**

Every grading has a flashcard deck covering its pattern, theory and terminology. £7.99 each at tkd-toolkit.com/shop