



# Kup Grading Standards





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# Kup Grading Information

## Eligibility

All candidates must be members of British Taekwondo and a member of a British Taekwondo club. If you have issues about membership, please ask your instructor to contact British Taekwondo membership services. Any members who are not UK passport holders and wish to take the examination must also submit documentary evidence that they have lived in the UK for more than 6 months. All candidates class counts will be taken from the Jinhaeng booking system as evidence of the following entry criteria:

Candidates Going For	Minimum Time Criteria	Evidence Required
Yellow Tag to Red Tag	3 months (22 classes) from achieving their previous belt	Copies of Grading certificates if requested
Red Belt	6 Months (44 Higher Grade Classes) from achieving their Red Tag	Copy of Red Tag certificate if requested
Black Tag	6 months (44 Higher Grade Classes) from achieving their Red Belt	Copy of Red Belt certificate if requested
1st Dan	6 Months (44 Higher Grade Classes) from achieving their Black Tag	Copy of Blue Belt certificate onwards <u>required</u> .

Previous grade certificates should have been issued by a British Taekwondo recognised club or Instructor.

## Format and Testing Syllabus

- The examination will be conducted by a panel of no less than three Dan Grades within British Taekwondo, with a minimum of One 4th Dan leading the proceedings.
- All candidates will receive a thorough and fair assessment of their abilities as demonstrated on the day.
- The syllabus and expectation for each grade has been set out and is available on Jinhaeng Taekwondo Microsoft Teams page. All candidates will be expected to perform the minimum criteria as standard.
- The panel may ask candidates to perform additional material from the syllabus if further assessment is required.



# Kup Grading Information

## Age and Medical Conditions

A candidate's age will be taken into consideration by the panel, and the range or number of minimum exercises to be reduced at the panel's discretion.

### Short-term injuries and health issues

If a candidate suffers from a short-term injury or health issue, the panel respectfully suggests that the candidate waits until the condition is no longer an issue to them and applies for promotion at a later test date. This will allow the panel to give a fair test and a fair result.

### Long-term injuries and health issues

In cases where a candidate suffers from a long-term injury or a life-time health issue (physical or mental) then the candidate must submit:

- Doctors or consultants statement setting out the nature of the candidate's permanent condition and effect on their day to day life and sporting activity.
- A note from their Instructor/Coach explaining the issue in layman's terms and how they overcome these issues in training and the class environment.

The panel will then take these into consideration in order to provide a fair and appropriate assessment and experience for the candidate.

Candidates will be informed in advance of the grading, of the assessment requirements.



# Kup Grading Expectations

## Floor Drills - Basics

### Candidates will be assessed against the following criteria:

#### Posture & Breathing

- Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

#### Stance & Balance

- All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

#### Technique

- Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

#### Accuracy

- Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

#### Fluency of movement

- Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

#### Speed & Power

- Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

#### Concentration & Spirit

- Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.



# Kup Grading Expectations

## Patterns - Poomsae

### Candidates will be assessed against the following criteria:

#### Posture & Breathing

- Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

#### Stance & Balance

- All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

#### Technique

- Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

#### Accuracy

- Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

#### Fluency of movement

- Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

#### Speed & Power

- Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

#### Concentration & Spirit

- Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.



# Kup Grading Expectations

## 1 For 1 Sparring

Candidates will be assessed against the following criteria:

### Posture & Breathing

- Controlled breathing throughout, and not audible, Candidates must exhale when in kicking phase. Footwork is controlled to maintain balance and consistent distance.

### Technique

- Candidates must demonstrate a variety of identifiable kicks throughout. Knee chamber should be high with hips extended when kicking.

### Accuracy

- Candidates should demonstrate techniques that are executed to appropriate targets on opponent consistently.

### Fluency of movement

- Candidates should demonstrate consistent rhythm and pace throughout using stepping and stance adjustments to maintain tempo.



# Kup Grading Expectations

## One Step Self-Defence

### Candidates will be assessed against the following criteria:

#### Posture & Breathing

- Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

#### Stance & Balance

- Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

#### Technique

- Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

#### Accuracy

- Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

#### Fluency of movement

- Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

#### Control over the opponent

- Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.





# Kup Grading Expectations

## Paddle Drills

Candidates will be assessed against the following criteria:

### Posture & Breathing

- Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

### Reaction speed

- Candidates are reactive to the paddles and create well timed responses and combinations.

### Use of Space and Movement

- Candidates should demonstrate use of footwork to change direction.

### Fluency of movement

- Candidates should demonstrate clear flow of movement.

### Technique

- Candidates demonstrate variety of attacking/defensive techniques in combinations.

### Accuracy

- Candidates are able to control techniques aimed at correct area of the paddles with the correct part of the foot or fist.



# Kup Grading Expectations

## Free Sparring

### Candidates will be assessed against the following criteria:

#### Posture & Breathing

- Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

#### Threat awareness & thought

- Candidates demonstrate movement and cover to limit scoring opportunities.

#### Reaction speed

- Candidates are reactive to opponent and create well timed responses and combinations.

#### Use of Space and Movement

- Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

#### Fluency of movement

- Candidates should demonstrate clear flow of movement between defence and attack without gap.

#### Technique

- Candidates demonstrate variety of attacking/defensive techniques in combinations to achieve scoring opportunities.

#### Accuracy

- Candidates are able to control techniques aimed at scoring areas of the opponent with the correct part of the foot or fist.

#### Concentration & Spirit

- Candidates will maintain concentration on opponent following the rules of sparring in good spirit.



# Kup Grading Expectations

## Self-Defence Releases and Counter Attacks

### Candidates will be assessed against the following criteria:

#### Posture & Breathing

- Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

#### Reaction speed

- Candidate demonstrates correctly timed body and or blocking movement to stop the attack with minimal delay between the defence and counter attack.

#### Technique

- Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

#### Accuracy

- Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

#### Fluency of movement

- Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

#### Control over the opponent

- Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

#### Effectiveness

- Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.



# Kup Grading Expectations

## Destruction

Candidates will be assessed against the following criteria:

### Technique

- Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

### Fluency of movement

- Candidates should demonstrate clear flow of movement between breaking techniques.

### Accuracy

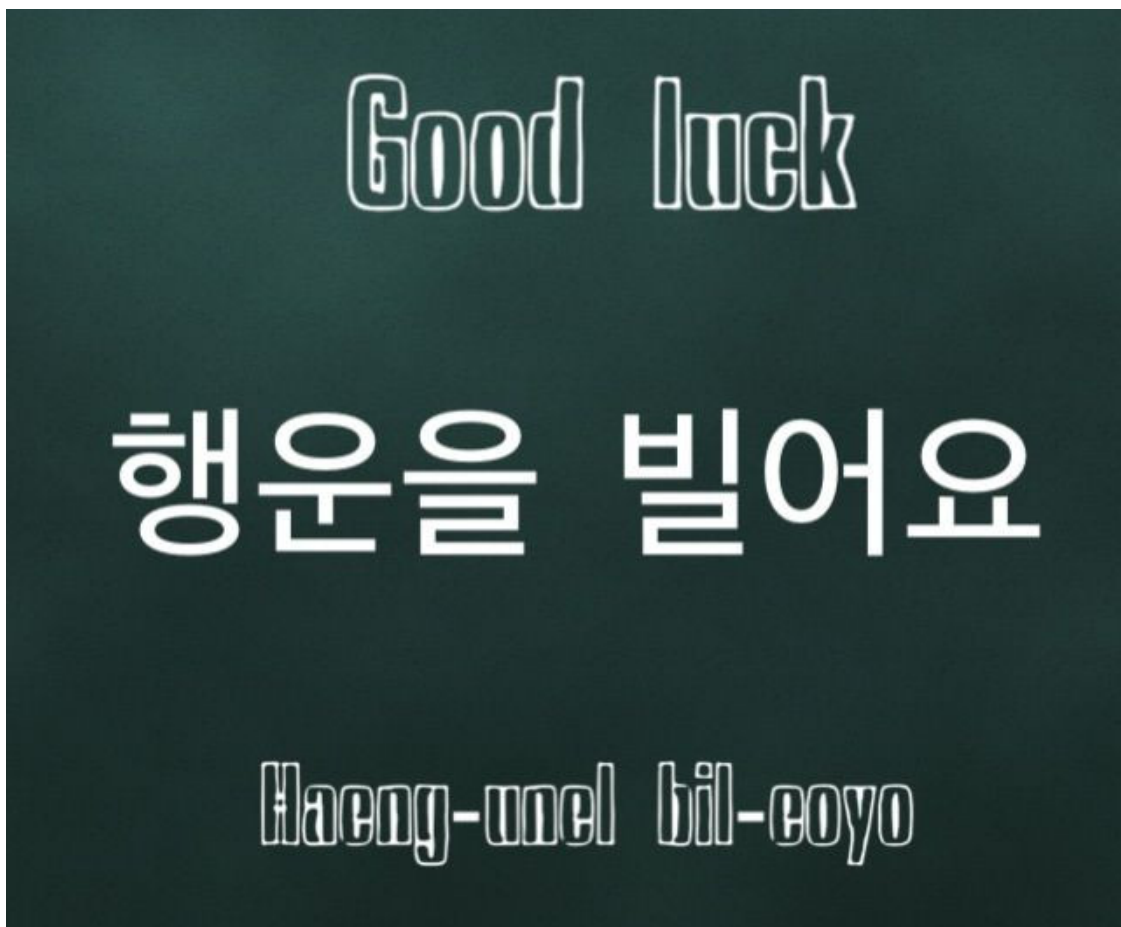
- Candidate hits the centre of target.

### Speed & Power

- Candidate demonstrates sufficient and appropriate power and speed to complete the break.



Thank you for taking the time and effort to go through all the information about what is expected by you in your grading.



Instructor Terry Statham - 4th Dan  
Instructor Isaac Statham - 4th Dan  
Instructor Jacob Statham - 4th Dan