AGES 3 TO 7 YEARS OLD
Calendar Year

Our Main Grading Syllabus is highly comprehensive to achieve and maintain a high standard of our students. Due to their young age, 3- to 7-year-olds are not expected to follow the Main Grading Syllabus and move up the Belt rank at the same pace as older students.

It is important for 3- to 7-year-olds to learn and progress at their own pace. It is also equally important that they have an attainable goal that enables them to progress through the belt ranks and stay motivated.

Gradings for 3- to 7-year-olds are tested on basic skills, with focus on building confidence and strengthening foundation as they move up with age and belt.

To prepare 3- to 7-year-olds for Main Grading System :
Depending on age (calendar year), 3- to 7-year-olds will start at the respective level as below and move up the ranks accordingly.

BELT RANK	CURRENT	NEXT	INFORMATION
FOUNDATION LEVEL 3 & 4 YEARS OLD	3 & 4 years old (born 2023 & 2022) White	White-Brown Stripe	In the new calendar year, when students are 5 years old, they will grade to Orange-White Stripe irrespective of current level
	White-Brown Stripe	Brown-White Stripe	
	Brown-White Stripe	Brown	
FOUNDATION LEVEL 5 YEARS OLD	5 years old (born 2021) White	Orange-White Stripe	In the new calendar year, when students are 6 years old, they will grade to Green-White Stripe irrespective of current level
	Brown	Orange-White Stripe	
	Orange-White Stripe	Orange	
FOUNDATION LEVEL 6 YEARS OLD	6 years old (born 2020) White	Green-White Stripe	In the new calendar year, when students are 7 years old, they will grade to Purple-White Stripe irrespective of current level
	Orange	Green-White Stripe	
	Green-White Stripe	Green	
TRANSITIONAL LEVEL 7 YEARS OLD	7 years old (born 2019) White	Purple-White Stripe	In the new calendar year, when students are 8 years old, they will grade to Yellow-White Stripe irrespective of current level
	Green	Purple-White Stripe	
	Purple-White Stripe	Purple	
TRANSITION TO MAIN GRADING 8 YEARS OLD	Purple	Yellow-White Stripe	Refer to Main Grading Syllabus for 8+ years old

WEIWU TAEKWONDO 威武跆拳道

WHITE > WHITE-BROWN STRIPE	WHITE-BROWN STRIPE > BROWN-WHITE STRIPE	BROWN-WHITE STRIPE > BROWN	WHITE | BROWN > ORANGE-WHITE STRIPE	ORANGE-WHITE STRIPE > ORANGE
STRIKING TECHNIQUE **From Horse Riding Stance** Body Punch Face Punch Spear Hand Strike High Spear Hand Strike **KICKING TECHNIQUE** Stretching Up Kick Stretching Round Kick	**STRIKING TECHNIQUE** **From Horse Riding Stance** Body Punch Face Punch Spear Hand Strike High Spear Hand Strike **KICKING TECHNIQUE** Stretching Up Kick Stretching Round Kick Front Kick	**STRIKING TECHNIQUE** **From Horse Riding Stance** Body Punch Face Punch Spear Hand Strike High Spear Hand Strike **KICKING TECHNIQUE** Stretching Up Kick Stretching Round Kick Front Kick Axe Kick	**STRIKING TECHNIQUE** **From Horse Riding Stance** Body Punch Face Punch Spear Hand Strike High Spear Hand Strike Palm Strike to the Chin **KICKING TECHNIQUE** Stretching Up Kick Stretching Round Kick Front Kick Axe Kick Side Kick	**STRIKING TECHNIQUE** **From Horse Riding Stance** Body Punch Face Punch Spear Hand Strike High Spear Hand Strike Palm Strike to the Chin Knife Grip **KICKING TECHNIQUE** Stretching Up Kick Stretching Round Kick Front Kick Axe Kick Side Kick Roundhouse Kick

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WEIWU TAEKWONDO 威武跆拳道

WHITE | ORANGE > GREEN-WHITE STRIPE	GREEN-WHITE STRIPE > GREEN	WHITE | GREEN > PURPLE-WHITE STRIPE	PURPLE-WHITE STRIPE > PURPLE	PURPLE > YELLOW-WHITE STRIPE
BLOCKING TECHNIQUE **From Horse Riding Stance** Body Block **STRIKING TECHNIQUE** **From Horse Riding Stance** Spear Hand Strike High Spear Hand Strike Palm Strike to the Chin Knife Grip **KICKING TECHNIQUE** Front Kick Axe Kick Side Kick Roundhouse Kick Hook Kick	**BLOCKING TECHNIQUE** **From Horse Riding Stance** Body Block Face Block **STRIKING TECHNIQUE** **From Horse Riding Stance** Spear Hand Strike High Spear Hand Strike Palm Strike to the Chin Knife Grip **KICKING TECHNIQUE** Front Kick Axe Kick Side Kick Roundhouse Kick Hook Kick Crescent Kick	**BLOCKING TECHNIQUE** **From Horse Riding Stance** Body Block Face Block Low Block **STRIKING TECHNIQUE** **From Horse Riding Stance** Spear Hand Strike High Spear Hand Strike Palm Strike to the Chin Knife Grip Knife-Hand Neck Strike **KICKING TECHNIQUE** Front Kick Axe Kick Side Kick Roundhouse Kick Hook Kick Crescent Kick	**BLOCKING TECHNIQUE** **From Horse Riding Stance** Body Block Face Block Low Block Minor Outside Body Block **STRIKING TECHNIQUE** **From Horse Riding Stance** Spear Hand Strike High Spear Hand Strike Palm Strike to the Chin Knife Grip Knife-Hand Neck Strike Reverse Knife-Hand Neck Strike **KICKING TECHNIQUE** Front Kick Axe Kick Side Kick Roundhouse Kick Hook Kick Crescent Kick	**STANCES** **Stepping Forward** Walking Stance Front Stance Cat Stance Back Stance **BLOCKING TECHNIQUE** **From Horse Riding Stance** Body Block Face Block Low Block Minor Outside Body Block Outside Body Block **STRIKING TECHNIQUE** **Stepping Forward** Body Punch (1) Face Punch (2) Spear Hand Strike (4) High Spear Hand Strike **KICKING TECHNIQUE** Advancing Front Kick Advancing Axe Kick

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WEIWU TAEKWONDO 威武跆拳道

WHITE 8+ | YELLOW-WHITE STRIPE > YELLOW I (9th Gup)

BLOCKING TECHNIQUE
Low Block (1)
Body Block (1)
Face Block (2)
Minor Outside Body Block
Outside Body Block (4)

STRIKING TECHNIQUE
Body Punch (1)
Face Punch (2)
Spear Hand Strike (4)
High Spear Hand Strike

KICKING TECHNIQUE
Front Kick (1)
Axe Kick
Side Kick (5)
Roundhouse Kick (6)
Hook Kick
Crescent Kick (7)

LEGS STRETCHING EXERCISE

TERMINOLOGY

English	Korean
One	Hana
Two	Dul
Three	Set
Four	Net
Five	Daseot

YELLOW I (9th Gup) > YELLOW II (8th Gup)

STRIKING TECHNIQUE
Knife-Hand Neck Strike (3)
Reverse Knife-Hand Neck Strike (K)
Palm Strike to the Chin (G)
Knife Grip (K)

KICKING TECHNIQUE
Advancing Front Kick
Advancing Axe Kick

SELF DEFENCE TECHNIQUE : Wrist Escape
Grab Wrist Right Hand to Left Hand
Grab Wrist Right Hand to Right Hand
Grab Both Hands Right & Left
Grab One Wrist Using Both Hands

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Six	Yeoseot
Seven	Ilgob
Eight	Yeodeol
Nine	Ahob
Ten	Yeol

YELLOW II (8th Gup) > YELLOW III (7th Gup)

BLOCKING TECHNIQUE
Back Stance, Body Block (4)
Back Stance, Minor Outside Body Block
Back Stance, Outside Body Block (4)

KICKING TECHNIQUE
Advancing Side Kick (4)
Advancing Roundhouse Kick
Advancing Hook Kick

POOMSAE
Basic Pattern (Gibon Poomsae)

SELF DEFENCE TECHNIQUE
Forward Wrist Lock
Reverse Wrist Lock

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Block	Makki
Kick	Chagi
Rest	Shio

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WEIWU TAEKWONDO 威武跆拳道

YELLOW III (7th Gup) > BLUE I (6th Gup)

BLOCKING TECHNIQUE
Cat Stance, Body Block
Cat Stance, Minor Outside Body Block
Cat Stance, Outside Block

KICKING TECHNIQUE
Running Front Kick
Running Axe Kick

POOMSAE
Taegeuk Il Jang (Taegeuk 1)

SELF DEFENCE TECHNIQUE
Arm Lock
Grab Hair Front Attack
Grab Throat Front Attack

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Start	Sijak
Stop	Keuman
Return to Ready	Baro

BLUE I (6th Gup) > BLUE II (5th Gup)

BLOCKING TECHNIQUE
Back Stance, One Hand Knife-Hand Outside Body Block (3)
Back Stance, One Hand Knife-Hand Body Block (G)
Back Stance, One Hand Knife-Hand Low Block (K)

STRIKING TECHNIQUE
Back Fist Strike (5)
Side Back Fist Strike (7)
Hammer Fist Strike (5)
Side Hammer Fist Strike (5)

KICKING TECHNIQUE
Running Side Kick
Running Roundhouse Kick
Running Hook Kick

POOMSAE
Taegeuk Ee Jang (Taegeuk 2)

SELF DEFENCE TECHNIQUE
Over the Arm Front Attack
Under the Arm Front Attack

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Front Kick (1)	Ap Chagi
Side Kick (5)	Yeop Chagi
Roundhouse Kick (6)	Dollyeo Chagi

BLUE II (5th Gup) > BLUE III (4th Gup)

BLOCKING TECHNIQUE
Back Stance, Knife-Hand Face Block
Back Stance, Knife-Hand Body Block (4)
Back Stance, Knife-Hand Low Block (7)

STRIKING TECHNIQUE
Supported Spear Hand Strike (4)
Swallow Strike to the Neck (4)

KICKING TECHNIQUE
Back Kick
Turning Hook Kick

POOMSAE
Taegeuk Sam Jang (Taegeuk 3)

SELF DEFENCE TECHNIQUE
Grab Hair Back Attack
Strangle Back Attack

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Low Block (1)	Arae Makki
Body Block (1)	Momtong Makki
Face Block (1)	Olgul Makki

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BLUE III (4th Gup) > RED I (3rd Gup)

STRIKING TECHNIQUE
Elbow Target Strike (5)
Elbow Turning Strike (5)
Upward Elbow Strike
Two Fists Inverted Punch (7)

COMBINATION HAND TECHNIQUE
Body Block, Punch
Body Block, Double Punch

KICKING TECHNIQUE
Turning Roundhouse Kick
Turning Crescent Kick

POOMSAE
Taegeuk Sa Jang (Taegeuk 4)

SELF DEFENCE TECHNIQUE
Over the Arm Back Attack
Under the Arm Back Attack

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Outside Body Block (4)	Momtong Bakkat Makki
Palm Block (6)	Batangson Momtong Makki
Scissors Block (7)	Gawi Makki

RED I (3rd Gup) > RED II (2nd Gup)

BLOCKING TECHNIQUE
Palm Block (6)
High Knife-Hand Twist Block (6)

COMBINATION HAND TECHNIQUE
Body Block, Body Block
Back Fist Strike, Body Block

KICKING TECHNIQUE
Jumping Back Kick
Jumping Turning Hook Kick

POOMSAE
Taegeuk O Jang (Taegeuk 5)

SELF DEFENCE TECHNIQUE
Knife Attack to Body 1
Knife Attack to Body 2

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Back Fist Strike (5)	Deung Jumeok Chigi
Hammer Fist Strike (5)	Me Jumeok Chigi
Knife-Hand Neck Strike (3)	Sonnal Mok Chigi

RED II (2nd Gup) > RED III (1st Gup)

BLOCKING TECHNIQUE
Body Cleaving Block (7)
Minor Body Cleaving Block (G)
Low Cross Block (7)
Scissors Block (7)

KICKING TECHNIQUE
Jumping Turning Roundhouse Kick
Jumping Turning Crescent Kick

POOMSAE
Taegeuk Yuk Jang (Taegeuk 6)

SELF DEFENCE TECHNIQUE
Knife Attack to Body 3
Club Attack to Face 1

FULL CONTACT SPARRING (bring all protective gear)

TERMINOLOGY

English	Korean
Knee Strike (7)	Mureup Chigi
Knife-Hand Body Block (4)	Sonnal Momtong Makki
One Hand Knife-Hand Low Block (K)	Hansonnal Arae Makki

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RED III (1st Gup)
> CHODANBO I

BLOCKING TECHNIQUE
1. Low Block (1)
2. Body Block (1)
3. Face Block (2)
4. Minor Outside Body Block
5. Outside Body Block (4)
6. Back Stance One Hand Knife-Hand Outside Body Block
7. Back Stance One Hand Knife-Hand Body Block (G)
8. Back Stance One Hand Knife-Hand Low Block (K)
9. Back Stance Knife-Hand Face Block
10. Back Stance Knife-Hand Body Block (4)
11. Back Stance Knife-Hand Low Block (7)
12. Palm Block (6)
13. High Knife-Hand Twist Block (6)
14. Body Cleaving Block (7)
15. Minor Body Cleaving Block (G)
16. Low Cross Block (7)
17. Scissors Block (7)

STRIKING TECHNIQUE
1. Body Punch (1)
2. Face Punch (2)
3. Spear Hand Strike (4)
4. High Spear Hand Strike
5. Knife-Hand Neck Strike (3)
6. Reverse Knife-Hand Neck Strike (K)
7. Palm Strike to the Chin (G)
8. Knife Grip (K)
9. Supported Spear Hand Strike (4)
10. Swallow Strike to the Neck (4)
11. Back Fist Strike (5)
12. Side Back Fist Strike
13. Hammer Fist Strike (5)
14. Side Hammer Fist Strike (5)
15. Elbow Target Strike (5)
16. Elbow Turning Strike (5)
17. Upward Elbow Strike
18. Two Fists Inverted Punch (7)

KICKING TECHNIQUE
1. Front Kick (1)
2. Axe Kick
3. Side Kick (5)
4. Roundhouse Kick (6)
5. Hook Kick
6. Crescent Kick (7)
7. Advancing Front Kick
8. Advancing Axe Kick
9. Advancing Side Kick (4)
10. Advancing Roundhouse Kick
11. Advancing Hook Kick
12. Running Front Kick
13. Running Axe Kick
14. Running Side Kick
15. Running Roundhouse Kick
16. Running Hook Kick
17. Back Kick
18. Turning Hook Kick
19. Turning Roundhouse Kick
20. Turning Crescent Kick
21. Jumping Back Kick
22. Jumping Turning Hook Kick
23. Jumping Turning Roundhouse Kick
24. Jumping Turning Crescent Kick

POOMSAE
Taegeuk Chil Jang (Taegeuk 7)

SELF DEFENCE TECHNIQUE
Club Attack to Face 2
Club Attack to Face 3

BOARD BREAKING

FULL CONTACT SPARRING (bring all protective gear)
Contact Sparring (include minimum one Jumping Kick)

TERMINOLOGY with Demonstration of Technique

English	Korean
Body Cleaving Block (7)	Momtong Hecheo Makki
Face Punch	Olgul Jireugi
Knife Grip (K)	Kaljaebi

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CHODANBO I
> CHODANBO II

BLOCKING TECHNIQUE
1. Low Block (1)
2. Body Block (1)
3. Face Block (2)
4. Minor Outside Body Block
5. Outside Body Block (4)
6. Back Stance One Hand Knife-Hand Outside Body Block
7. Back Stance One Hand Knife-Hand Body Block (G)
8. Back Stance One Hand Knife-Hand Low Block (K)
9. Back Stance Knife-Hand Face Block
10. Back Stance Knife-Hand Body Block (4)
11. Back Stance Knife-Hand Low Block (7)
12. Palm Block (6)
13. High Knife-Hand Twist Block (6)
14. Body Cleaving Block (7)
15. Minor Body Cleaving Block (G)
16. Low Cross Block (7)
17. Scissors Block (7)

STRIKING TECHNIQUE
1. Body Punch (1)
2. Face Punch (2)
3. Spear Hand Strike (4)
4. High Spear Hand Strike
5. Knife-Hand Neck Strike (3)
6. Reverse Knife-Hand Neck Strike (K)
7. Palm Strike to the Chin (G)
8. Knife Grip (K)
9. Supported Spear Hand Strike (4)
10. Swallow Strike to the Neck (4)
11. Back Fist Strike (5)
12. Side Back Fist Strike
13. Hammer Fist Strike (5)
14. Side Hammer Fist Strike (5)
15. Elbow Target Strike (5)
16. Elbow Turning Strike (5)
17. Upward Elbow Strike
18. Two Fists Inverted Punch (7)

KICKING TECHNIQUE
1. Front Kick (1)
2. Axe Kick
3. Side Kick (5)
4. Roundhouse Kick (6)
5. Hook Kick
6. Crescent Kick (7)
7. Advancing Front Kick
8. Advancing Axe Kick
9. Advancing Side Kick (4)
10. Advancing Roundhouse Kick
11. Advancing Hook Kick
12. Running Front Kick
13. Running Axe Kick
14. Running Side Kick
15. Running Roundhouse Kick
16. Running Hook Kick
17. Back Kick
18. Turning Hook Kick
19. Turning Roundhouse Kick
20. Turning Crescent Kick
21. Jumping Back Kick
22. Jumping Turning Hook Kick
23. Jumping Turning Roundhouse Kick
24. Jumping Turning Crescent Kick

COMBINATION HAND TECHNIQUE
1. Low Block, Body Punch
2. Face Block, Face Punch
3. Body Block, Spear Hand Strike
4. Knife Hand Face Block, High Spear Hand Strike
5. Outside Body Block, Knife Grip

COMBINATION KICKING TECHNIQUE
1. Front Kick, Axe Kick
2. Roundhouse Kick, Side Kick
3. Side Kick, Hook Kick
4. Axe Kick, Roundhouse Kick

POOMSAE
Taegeuk Pal Jang (Taegeuk 8)

SELF DEFENCE TECHNIQUE
Advanced Collar Grabbing 1
Advanced Collar Grabbing 2

BOARD BREAKING

FULL CONTACT SPARRING (bring all protective gear)
Contact Sparring (include minimum one Jumping Kick)

TERMINOLOGY with Demonstration of Technique

English	Korean
Rear Cross Stance (5)	Dwi Kkoa Seogi
Covered Fist (7)	Bo Jumeok
Single Mountain Block (8)	Oe Santeul Makki

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CHODANBO II
> BLACK BELT 1st Dan | Poom

BLOCKING TECHNIQUE
1. Low Block (1)
2. Body Block (1)
3. Face Block (2)
4. Minor Outside Body Block
5. Outside Body Block (4)
6. Back Stance One Hand Knife-Hand Outside Body Block
7. Back Stance One Hand Knife-Hand Body Block (G)
8. Back Stance One Hand Knife-Hand Low Block (K)
9. Back Stance Knife-Hand Face Block
10. Back Stance Knife-Hand Body Block (4)
11. Back Stance Knife-Hand Low Block (7)
12. Palm Block (6)
13. High Knife-Hand Twist Block (6)
14. Body Cleaving Block (7)
15. Minor Body Cleaving Block (G)
16. Low Cross Block (7)
17. Scissors Block (7)

STRIKING TECHNIQUE
1. Body Punch (1)
2. Face Punch (2)
3. Spear Hand Strike (4)
4. High Spear Hand Strike
5. Knife-Hand Neck Strike (3)
6. Reverse Knife-Hand Neck Strike (K)
7. Palm Strike to the Chin (G)
8. Knife Grip (K)
9. Supported Spear Hand Strike (4)
10. Swallow Strike to the Neck (4)
11. Back Fist Strike (5)
12. Side Back Fist Strike
13. Hammer Fist Strike (5)
14. Side Hammer Fist Strike (5)
15. Elbow Target Strike (5)
16. Elbow Turning Strike (5)
17. Upward Elbow Strike
18. Two Fists Inverted Punch (7)

KICKING TECHNIQUE
1. Front Kick (1)
2. Axe Kick
3. Side Kick (5)
4. Roundhouse Kick (6)
5. Hook Kick
6. Crescent Kick (7)
7. Advancing Front Kick
8. Advancing Axe Kick
9. Advancing Side Kick (4)
10. Advancing Roundhouse Kick
11. Advancing Hook Kick
12. Running Front Kick
13. Running Axe Kick
14. Running Side Kick
15. Running Roundhouse Kick
16. Running Hook Kick
17. Back Kick
18. Turning Hook Kick
19. Turning Roundhouse Kick
20. Turning Crescent Kick
21. Jumping Back Kick
22. Jumping Turning Hook Kick
23. Jumping Turning Roundhouse Kick
24. Jumping Turning Crescent Kick

COMBINATION HAND TECHNIQUE
1. One Hand Knife-Hand Low Block, Hammer Fist Strike
2. Palm Block, Upward Elbow Strike
3. High Knife-Hand Twist Black, Elbow Turning Strike
4. Body Block, Two Fist Inverted Punch
5. Back Stance, Knife-Hand Body Black, Front Stance, Palm Strike to the Chin

COMBINATION KICKING TECHNIQUE
1. Side Kick, Back Kick
2. Roundhouse Kick, Turning Roundhouse Kick
3. Hook Kick, Turning Hook Kick
4. Back Kick, Jumping Back Kick

POOMSAE
Taegeuk Pal Jang (Taegeuk 8)
Taegeuk Chil Jang (Taegeuk 7)

SELF DEFENCE TECHNIQUE
Advanced Hand Grabbing 1
Advanced Hand Grabbing 2
Advanced Hand Grabbing 3
Advanced Hand Grabbing 4

BOARD BREAKING

FULL CONTACT SPARRING (bring all protective gear)
Contact Sparring (include minimum one Jumping Kick**)**

ESSAY
'My Taekwondo Journey' (minimum 250 words). Email essay before grading day. Essay to be read out at grading.

TERMINOLOGY with Demonstration of Technique

English	Korean
Outside Body Block (4)	Momtong Bakkat Makki
Palm Block (6)	Batangson Momtong Makki
Scissors Block (7)	Gawi Makki
Back Fist Strike (5)	Deung Jumeok Chigi
Hammer Fist Strike (5)	Me Jumeok Chigi
Knife-Hand Neck Strike (3)	Sonnal Mok Chigi
Knife-Hand Body Block (4)	Sonnal Momtong Makki
One Hand Knife-Hand Low Block (K)	Hansonnal Arae Makki
Body Cleaving Block (7)	Momtong Hecheo Makki
Knife Grip (K)	Kaljaebi

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