



SPORT TRAINING SYLLABUS

BRITISH TAEKWONDO SPORT TRAINING SYLLABUS

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INTRODUCTION

General

The practise of taekwondo cover a wide range of disciplines and purposes, including sparring (*kyorugi*), forms (*poomsae*), breaking (*kyuk-pa*) and self-defence (*hosinsul*). Inevitably, most practitioners are more interested in some aspects than others. The British Taekwondo's aim is to provide high-quality taekwondo experiences for all members, whatever aspects of taekwondo they choose to focus on.

This syllabus is designed to provide a route to black belt certification for those members who choose to devote themselves 'sport' taekwondo (competition sparring) as well as fulfilling the requirements for traditional Dan promotion standards. This will ensure that there are clear choices for participants to practice and specialise within their chosen aspect of Taekwondo so that they can achieve at the highest level possible

Coaches

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, in conjunction with the British Taekwondo insurance recommendations. It is unlikely that many beginners (10th kup) will choose to concentrate solely on competition and sport but the syllabus provides for those who do so, at any grade.

The fundamental principle in all training is that safety must come first. Your judgement in choosing training exercises must take into account the age, ability, health, weight, medical condition and grade of the student.

The use of hand-held pads, kick bags and the like is acceptable at every grade, depending on the requirements for that grade. Excessively heavy or densely packed kick bags are not appropriate for junior students.

Sparring

Coachs must assess students' abilities and behaviour before allowing them to participate in free sparring. All forms of free sparring should be practised under full WTF rules. Coachs must ensure that they and their students are familiar with the latest rules and competition procedures. Students must have *all* personal protective equipment (PPE) (mouth, head, trunk, arm, hand, leg, and groin guards). PPE is compulsory for light-contact and full-contact sparring practice.

Diet & weight management

The long-term health and welfare of the student are paramount and come before any consideration of competition weight. Coachs and student must be aware of what constitutes a healthy diet for competition athletes and the correct methods for controlling weight.

Any students planning to lose weight to meet their fighting weight must follow a scientifically proven, rational dietary regime. In particular, young students should be taught to avoid excessive or over-rapid weight loss in order to meet fighting weights. All students, especially young students, should also be taught to avoid maintaining unnaturally low weights for competition.

10th to 9th kup

TRAINING PERIOD	Minimum 4 months from start To be recommended by British Taekwondo coach (4th Dan or above)
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STANDARD	Students should perform 70% of each technical target and 70 % of tactical targets competently to pass. Power and accuracy are not essential.
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TECHNICAL CONTENT	Kicks	Back leg	Turning kick, crescent kick, side kick to body, chop kick to head
		Front leg	Slipping turning kick to body
		Check/push	Body
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Simple reaction to a stimulus
		Stance	Open/closed
Options		Tactical options from known techniques	

TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×1 min rounds attack and counter
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×1 min rounds, 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. Given by coach.
		Timing	Awareness of timing of responses/attack
		Distance	Knowledge and awareness of distance
		Free sparring	3×1 min rounds with adequate rest
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 min) on pads

PERFORMANCE ASSESSMENT	National Competition	Not required	
	International Competition	Not required	

These are the minimum recommendations for 9th kup

9th to 8th kup

TRAINING PERIOD	Minimum 4 months from 9th kup To be recommended by British Taekwondo coach (4th Dan or above)
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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 that students are learning to develop correct methods for generation of power and accuracy.
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TECHNICAL CONTENT	Kicks	Back leg	Turning kick, chop kick, crescent kick, side kick, all to body and head Counter to body
		Front leg	Slipping turning kick to body
		Check/push	Body
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Simple reaction to a stimulus
		Stance	Open/closed
		Options	Tactical options from known techniques

TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×1 min rounds attack and counter
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×1 min rounds, 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. Given by coach.
		Timing	Awareness of timing of responses/attack
		Distance	Knowledge and awareness of distance
		Free sparring	3×1 min rounds with adequate rest
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 min) on pads.

PERFORMANCE ASSESSMENT	National Competition	Not required	
	International Competition	Not required	

These are the minimum recommendations for 8th kup

8th to 7th kup

TRAINING PERIOD	Minimum 4 months from 8th kup To be recommended by British Taekwondo coach (4th Dan or above)
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STANDARD	Students should perform 70% of each technical target and 70 % of tactical targets competently to pass. Power is not essential but techniques should be fairly accurate.
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TECHNICAL CONTENT	Kicks	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
		Check/push	Body and head
		Reverse	Back kick to body
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Simple reaction to a stimulus for above techniques
		Stance	Open/closed , direct and travelling
		Options	Tactical options from known techniques

TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×1 min rounds attack and counter
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×1 min rounds; 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. Given by coach.
		Timing	Development of good timing of responses/attack
		Distance	Knowledge and awareness of distance
		Free sparring	3×1 min rounds with adequate rest
	Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 min) on pads.	

PERFORMANCE ASSESSMENT	National Competition	1 to 1	Compete.
		Open	Compete.
	International Competition	Not required	

These are the minimum recommendations for 7th kup

7th to 6th kup

TRAINING PERIOD	Minimum 4 months from 7th kup To be recommended by British Taekwondo coach (4th Dan or above)
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STANDARD	Students should perform 70% of each technical target and 70 % of tactical targets competently, with some power and accuracy, to pass.
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TECHNICAL CONTENT	Kicks	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
		Check/push	Body and head
		Reverse	Back kick to body Spin kick to body
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Simple reaction to a stimulus for above techniques
		Stance	Open/closed , direct and travelling
		Options	Tactical options from known techniques

TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×1 min rounds attack and counter, good power
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×1 min rounds; 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. Given by coach.
		Timing	Good timing of responses/attack
		Distance	Knowledge and awareness of distance
		Free sparring	3×1 min rounds with adequate rest
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2x1 min) on pads.

PERFORMANCE ASSESSMENT	National Competition	1 to 1	Compete and win.
		Open	Compete.
	International Competition	Not required	

These are the minimum recommendations for 6th kup

6th to 5th kup

TRAINING PERIOD	Minimum 4 months from 6th kup
	To be recommended by British Taekwondo coach (4th Dan or above)

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. Sparring must show good control.
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TECHNICAL CONTENT	Kicks	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 head
		Check/push	Body and head
		Reverse	Back kick to body and head Spin kick to body
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Speed reaction to a stimulus for above techniques
		Stance	Open/closed , direct and travelling, step inward and outward
		Options	Tactical options from known techniques

TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×2 min rounds attack and counter, good power
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×2 min rounds, attack and counter, good power
		Multiple kicks	Combinations of above
	Tactical	One-for-one kicking	Accuracy of kicks with specific targets based around options from techniques learnt. Given by coach.
		Timing	Good timing of responses/attack
		Distance	Knowledge, awareness and control of distance
		Free sparring	2×2 min rounds with adequate rest
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2×2 min) on pads.

PERFORMANCE ASSESSMENT	National Competition	1 to 1	Compete and win.
		Open	Compete, through min 2 rounds.
	International Competition	Not required	

These are the minimum recommendations for 5th kup

5th to 4th kup

TRAINING PERIOD	Minimum 4 months from 5th kup To be recommended by British Taekwondo coach (4th Dan or above)		
STANDARD	Students should perform 70% of each technical target and 70 % of tactical targets competently to pass. Techniques should have speed, power, accuracy, balance and some fluidity of movement. There should be no (or insignificant) errors in techniques and good balance in sparring. Sparring must show good control.		
TECHNICAL CONTENT	Kicks	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 head
		Check/push	Body and head
		Reverse	Back kick to body and head Spin kick to body and head
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Speed reaction to a stimulus for above techniques
		Stance	Open/closed , direct and travelling, step inward and outward, shift forward and back
		Ring craft	Work to dominate centre.
		Options	Tactical options from known techniques
TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×2 min rounds attack and counter, good power
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×2 min rounds, attack and counter, good power
		Multiple kicks	Combinations of above
	Tactical	One-for-one kicking	Accuracy of kicks with specific targets based around options from techniques learnt. Given by coach.
		Timing	Good timing of responses/attack with speed
		Distance	Knowledge, awareness and control of distance before and after techniques
		Free sparring	2×2 min rounds with adequate rest
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2×2 min) on pads.
PERFORMANCE ASSESSMENT	National Competition	1 to 1	Compete and win.
		Open	Compete, through min 2 rounds.
	International Competition	Not required	

These are the minimum recommendations for 4th kup

4th to 3rd kup

TRAINING PERIOD	Minimum 4 months from 4th kup
	To be recommended by British Taekwondo coach (4th Dan or above)

STANDARD	Students should perform 70% of each technical target and 70 % of tactical targets competently to pass. Techniques should have speed, power, accuracy, balance and some fluidity of movement. There should be no (or insignificant) errors in the techniques and good control of balance in sparring. Sparring must be dynamic but show good control and combinations of techniques.
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TECHNICAL CONTENT	Kicks	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 head
		Check/push	Body and head
		Reverse	Back kick to body and head Spin kick to body and head
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Speed reaction to a stimulus for above techniques
		Stance	Open/closed , direct and travelling, step inward and outward, shift forward and back
		Ring craft	Work to dominate centre, escape from corner
		Options	Tactical options from known techniques to keep a lead

TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×2 min rounds attack and counter, high impact power
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×2 min rounds, attack and counter, 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. Given by coach.
		Timing	Good timing of responses/attack
		Distance	Knowledge, awareness and control of distance before and after techniques
		Set up	Basic set up of combinations
		Free sparring	3×2 min rounds with adequate rest, with little limitation so as to operate freely
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2×2 min) on pads.

PERFORMANCE ASSESSMENT	National Competition	1 to 1	Compete and win.
		Open	Compete, through min 2 rounds.
	International Competition	Not required	

These are the minimum recommendations for 3rd kup

3rd to 2nd kup

TRAINING PERIOD	Minimum 4 months from 3rd kup To be recommended by British Taekwondo coach (4th Dan or above)		
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. (Occasional, infrequent errors are acceptable.) Sparring should suggest that the student is a confident, competent and controlled fighter.		
TECHNICAL CONTENT	Kicks	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 head
		Check/push	Body and head with good hold of technique
		Reverse	Back kick to body and head Spin kick to body and head
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Speed reaction to a stimulus for above techniques
		Stance	Open/closed, direct and travelling, step inward and outward, shift forward and back
		Ring craft	Work to dominate centre, escape from corner
		Options	Tactical options from known techniques to keep a lead and to get back in the lead
TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×2 min rounds attack and counter, high impact power
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×2 min rounds, attack and counter, 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. Given by coach.
		Timing	Good timing of responses/attack
		Distance	Knowledge, awareness and control of distance before and after techniques
		Set up	Complex set up of combinations
		Free sparring	3×2 min rounds with adequate rest, with little limitation so as to operate freely
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2×2 min) on pads.
PERFORMANCE ASSESSMENT	National Competition	1 to 1	Compete and win.
		Open	Compete, through min two rounds.
		Knowledge	Safe weight management and importance of preparation
	International Competition	Not required	

These are the minimum recommendations for 2nd kup

2nd to 1st kup

TRAINING PERIOD	Minimum 4 months from 2nd kup To be recommended by British Taekwondo coach (4th Dan or above)		
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	Kicks	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 head
		Check/push	Body and head, with good hold of technique
		Reverse	Back kick to body and head, attack and counter Spin kick to body and head, attack and counter
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Speed reaction to a stimulus for above techniques
		Stance	Open/closed , direct and travelling, step inward and outward, shift forward and back
		Ring craft	Work to dominate centre, escape or score from corner
		Options	Tactical options from known techniques to keep a lead and to get back in the lead
TECHNICAL ASSESSMENT	Kicks	Static Target	Variety of kicks on pads 2×2 min rounds attack and counter, high impact power
		Static opponent	Variety of kicks on a chest pad of a moving opponent 2×2 min rounds, attack and counter, 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. Given by coach.
		Timing	Good timing of responses/attack
		Distance	Knowledge, awareness and control of distance
		Set up	Complex set up of combinations
		Free sparring	3×2 min rounds with adequate rest, with little limitation so as to operate freely
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2×2 min) on pads.
PERFORMANCE ASSESSMENT	National Competition	1 to 1	Compete and win.
		Open	Compete, through min 2 rounds.
		Knowledge	Safe weight management and importance of preparation
	International Competition	Open	Compete.

These are the minimum recommendations for 1st kup

1st kup to 1st Dan

TRAINING PERIOD	Minimum 6 months from 1st kup To be recommended by British Taekwondo coach (4th dan or above) or by written confirmation from STUK.		
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	Kicks	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 head
		Check/push	Body and head, with good hold of technique
		Reverse	Back kick to body and head, attack and counter Spin kick to body and head, attack and counter
		Combinations	Multiple kicking sequences
		High section	Variation of above
		Variation	Variety of kicks and moves with little limitation
	Punches		Front punch
	Blocks		From turning and head kick
	Tactical	Reaction	Speed reaction to a stimulus for above techniques
		Stance	Open/closed , direct and travelling, step inward and outward, shift forward and back
		Ring craft	Work to dominate centre, escape or score from corner
		Options	Tactical options from known techniques to keep a lead and to get back in the lead, under pressure of score
	Poomsae	2 Poomsae	As specified in Kukkiwon Dan Promotion Test Regulations (Article 11)
TECHNICAL ASSESSMENT	Kicks	Static/moving target	Variety of kicks on pads 2x2 min rounds attack and counter, high impact power
		Static/moving opponent	Variety of kicks on a chest pad of opponent 2x2 min rounds, attack and counter, 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. Given by coach.
		Timing	Good timing of responses/attack
		Distance	Knowledge, awareness and control of distance
		Set up	Complex set up of combinations
		Free sparring	3x2 min rounds with adequate rest, with little limitation so as to operate freely
		Reaction	Demonstrate a competent reaction to a moving stimulus in sufficient time (2x2 min) on pads.
	Poomsae	2 Poomsae	As specified in Kukkiwon Dan Promotion Test Regulations (Article 12)
PERFORMANCE ASSESSMENT	National Competition	Open	Compete; provide evidence of performance outcomes of previous four competitions (pool list results).
		Knowledge	Safe weight management and importance of preparation
	International Competition	Open	Compete; provide evidence of performance outcomes of previous two competitions (pool list results).

These are the minimum recommendations for 1st dan