#### **GASSOR’S**

#### **TAEKWON-DO WALES**

#### **BREAKING**


####  **GRADING SYLLABUS**

###### Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###### Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###### Instructor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chief Instructor –**

**Senior Master Gary Gassor 8th Degree Black Belt**

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**UK ITF**

**DEGREE GRADING BREAKING SYLLABUS**

The student will get three attempts at each technique. Points will be awarded on the following basis at the Grading Examiners discretion;

Break 1st time with a good technique = 5 points

Break 2nd time with a good technique = 4 points

Break 3rd time with a good technique = 3 points

No break after 3 attempts but good effort & technique = 2 points

No break after 3 attempts but good effort & poor technique = 1point

No break after 3 attempts poor effort & technique = 0 points

**1ST KUP – 1ST DEGREE**

**Student’s choice of hand technique left & right hand.**

**Student’s choice of leg technique left & right leg.**

**Another choice of leg technique left & right leg.**

*Students 13 & under will be required to break the following;*

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

*Students 14-17 will be required to break the following;*

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand½”, Foot 1”, Foot 1”*

*Students 18+ will be required to break the following;*

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand1”, Foot 1”, Foot 1”*

**1ST DEGREE – 2ND DEGREE**

**Student’s choice of hand technique left & right hand.**

**Student’s choice of leg technique left & right leg.**

**Student’s choice of jumping or flying leg technique left & right leg.**

*Students 13 & under will be required to break the following;*

***Male & Female:*** *Hand ½”, Foot ½”, Flying Foot ½”*

*Students 14-17 will be required to break the following;*

***Male -60kg:*** *Hand ½”, Foot 1”, Flying Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Flying Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Flying Foot 1”*

***Female +55kg:*** *Hand½”, Foot 1”, Flying Foot 1”*

*Students 18+ will be required to break the following;*

***Male -70kg:*** *Hand 1”, Foot 1½”, Flying Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Flying Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Flying Foot 1”*

***Female +60kg:*** *Hand1”, Foot 1”, Flying Foot 1”*

**2ND DEGREE – 3RD DEGREE**

**Student’s choice of hand technique left & right hand.**

**Back Piercing Kick left & right leg.**

**Student’s choice of jumping or flying leg technique left & right leg.**

*Students 14-17 will be required to break the following;*

***Male -60kg:*** *Hand 1”, back kick 1”, Flying Foot 1½”*

***Male +60kg:*** *Hand 1”, back kick 1½”, Flying Foot 1½”*

***Female -55kg:*** *Hand ½”, back kick½”, Flying Foot 1”*

***Female +55kg:*** *Hand½ ”, back kick 1”, Flying Foot 1”*

*Students 18+ will be required to break the following;*

***Male -70kg:*** *Hand 1”, back kick1½”, Flying Foot 1½”*

***Male +70kg:*** *Hand 1½”, back kick 2”, Flying Foot 2”*

***Female -60kg:*** *Hand 1”, back kick 1”, Flying Foot 1”*

***Female +60kg:*** *Hand1 ”, back kick1”, Flying Foot 1½”*

**3RD DEGREE – 4TH DEGREE**

**Student’s choice of hand technique left & right hand.**

**Back Piercing Kick left & right leg.**

**Lead leg Side Kick left & right leg.**

**Student’s choice of jumping or flying leg technique left & right leg.**

*Students 18+ will be required to break the following;*

***Male -70kg:*** *Hand 1”, Back kick 1½”, Side kick 1”, Flying Foot 1½”*

***Male +70kg:*** *Hand 1½”,Back kick 2”, Side kick 1½”, Flying Foot 2”*

***Female -60kg:*** *Hand 1”, Back kick 1”, Side kick 1”, Flying Foot 1½”*

***Female +60kg:*** *Hand1 ”, Back kick1½”, Side kick 1”, Flying Foot 1½”*

**4TH DEGREE – 5TH DEGREE**

**Student’s choice of hand technique left & right hand.**

**Back Piercing Kick left & right leg.**

**Lead leg Side Kick left & right leg.**

**360° jumping back on choice leg.**

**Fore fist punch air break on choice hand.**

*Students 18+ will be required to break the following;*

***Male -70kg:*** *Hand 1½”, Back kick 1½”, Side kick 1½”, 360*° JBK *1”, Air break1”*

***Male +70kg:*** *Hand 2”,Back kick 2”, Side kick 2”, 360*° JBK*1½”, Air break1”*

***Female -60kg:*** *Hand 1”, Back kick 1”, Side kick 1”, 360*° JBK *½” Air break½”*

***Female +60kg:*** *Hand1 ”, Back kick1½”, Side kick 1½”, 360*° JBK *1” Air break½”*

**5TH DEGREE – 6TH DEGREE**

**Student’s choice of hand technique left & right hand.**

**Back Piercing Kick left & right leg.**

**Lead leg Side Kick left & right leg.**

**360° jumping back left & right leg.**

**Fore fist punch air break on choice hand.**

**Student’s choice of Jumping or flying kick on choice leg**

*Students 18+ will be required to break the following;*

***Male -70kg:*** *Hand 2”, Back kick 2”, Side kick 2”, 360*° JBK *1½”, Air break1”,Choice jumping kick2½”*

***Male +70kg:*** *Hand 2½”,Back kick 2½”, Side kick 2½”, 360*° JBK *2”, Air break1”, Choice jumping kick 3”*

***Female -60kg:*** *Hand 1½”, Back kick 1½”, Side kick 1½”, 360*° JBK *1” Air break½” Choice jumping kick 1½”*

***Female +60kg:*** *Hand1½ ”, Back kick 2”, Side kick 2”, 360*° JBK *1½” Air break½” Choice jumping kick 2”*

**6TH DEGREE – 7TH DEGREE**

**Student’s choice of hand technique left & right hand.**

**Back Piercing Kick left & right leg.**

**Side Kick left & right leg.**

**360° jumping back left & right leg.**

**Student’s choice of Jumping or flying kick on left & right leg.**

*Students 18+ will be required to break the following;*

***Male -70kg:*** *Hand 2½”, Back kick 2½”, Side kick 2½”, 360*° JBK *2”, Jumping kick 3”*

***Male +70kg:*** *Hand 3”,Back kick 3”, Side kick 3”, 360*° JBK *2½”, Jumping kick 3½”*

***Female -60kg:*** *Hand 2”, Back kick 2”, Side kick 2”, 360*° JBK *1½” Jumping kick 2”*

***Female +60kg:*** *Hand2 ”, Back kick 2½”, Side kick 2½”, 360*° JBK *2” Jumping kick 2½”*