

TAGB Colour Belt Grading Syllabus

White Belt to Yellow Tag 10th Kup to 9th Kup	Yellow Tag to Yellow Belt 9th Kup to 8th Kup
Sitting Stance Single Punch Front Rising Kick/Walking Ready Stance 10 Press Ups Walking Stance Middle Punch Walking Stance Low Block Reverse Punch Walking Stance Middle Block Reverse Punch Four Directional Punch Theory	Sitting Stance Double Punch Front Snap Kick Walking Ready Stance Walking Stance Double Punch L Stance Middle Block L Stance Knife Hand Strike Walking Stance Low Block Rising Block Chon Ji Theory
Yellow Belt to Green Tag 8th Kup to 7th Kup	Green Tag to Green Belt 7th Kup to 6th Kup
Twin Forearm Block Front Snap Kick Double Punch L Stance Inward Block Turning Kick Forearm Guarding Block L Stance Forearm Guarding Block Dan Gun Three Step Sparring 1-4 Theory	Walking Stance Back Fist Side Strike Turning Kick Knife hand Guarding Block Walking Stance Wedging Block Side Kick Forearm Guarding Block Walking Stance Straight Fingertip Thrust Do San Three Step Sparring 5-7 Theory
Green Belt to Blue Tag 6th Kup to 5th Kup	Blue Tag to Blue Belt 5th Kup to 4th Kup
Combinations Set pattern Won Hyo Three step sparring 8-10 Three Step Semi Free Sparring (Basic) Theory	Combinations Choice Pattern Set Pattern Yul Gok Two Step Sparring 1-4 Three Step Semi Free Sparring (Intermediate) Free Sparring Theory

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Blue Belt to Red Tag 4th Kup to 3rd Kup	Red Tag to Red Belt 3rd Kup to 2nd Kup
Combinations Choice Pattern Set Pattern Joon Gun Two Step Sparring 5-8 Three Step Semi Free Sparring (Advanced) Free Sparring Theory	Combinations Choice Pattern Set Pattern Toi Gye Three Step Semi Free Sparring (Advanced) One Step Sparring (Basic) Free Sparring Theory
Red Belt to Black Tag 2nd Kup to 1st Kup	Black Tag to Black Belt 1st Kup to 1st Dan
Combinations 3 Patterns Hwa Rang Other Set Sparring One Step Sparring (Advanced) Free Sparring Theory	Basics/Linework Choong Moo Choice Pattern Set Pattern Set Sparring Free Sparring Theory