

GRADING SYLLABUS FOR FIFTH GRADE (YELLOW BELT)

Stamina	10 Exercise,
Stances	L-Stance, Sitting Stance.
Compulsory Pattern	YEW Tul (4 – direction punch and blocks)
Kicks	Side Piercing Kick, Turning Kick, Previous belt Kicks
Hand Techniques	a) Walking stance Middle front Punch b) Walking stance Forearm Low Block c) Walking stance Inner forearm Middle Block d) Walking Stance High Front Punch
Sparing	1- minute sparing with any opponent
Self Defence	3-Self Defence
Theory	Meaning of Tul. Meaning of Yellow Belt. Meaning of Matsogi-DO. Knowledge of previous grade.
Others	Knowledge of previous grade.

Grading Syllabus for Fourth Grade (Green Belt)

Stamina	10 Exercise
Stances	L-Stance, sitting stance.
Compulsory pattern	WADI Tul
Kicks	Hooking, Kick, skipping- Side Piercing Kick. Previous grade kicks
Hand Techniques	a) L-Stance knife Hand Guarding Block b) L-Stance Forearm Guarding Block c) Walking stance forearm Rising Block d)Walking Stance Knife Hand rising Block e) Walking stance Knife Hand Low Block
Sparring	2-Minute sparring with any opponent.
Self Defence	5-Self Defence
Theory	Meaning of Tul WADI Tul Meaning of present Belt.

Events in the championship. To maintain

Assignment copy of syllabus

Breaking/Measuring 1-Board (1/2 inch) with hand technique and

1-Board (1/2 inch) with foot technique.

Others Knowledge of previous grades

Grading Syllabus for Third Grade (Blue Belt)

Stamina 10 Exercises

Stances X-Stance, Low Stance, Rear Stance, Bending Ready
Stance-A.

Compulsory Pattern t'ai chi Tul

Kicks Reverse Hooking Kick, all previous Grade kicks in
jumping position, combinations of all kicks.

Hand Techniques (a) Right L-stance Knife Hand Outward Block
(b)_ Rear Foot stance Palm upward Block
(c) Walking Stance Upper Elbow Strike
(d) Walking Stance Palm Obverse Hooking Block.
(e) Walking Stance Palm Reverse Hooking Block
(f) Walking Stance Front Elbow Strike
(g) Low Stance Palm Pressing Block

Sparring	2-Minute sparring of 2-rounds with a halt of 30-seconds.
Self Defence	5-Self Defence
Theory	Meaning of Tuls, Meaning significance of present Belt. Events in the championship. Meaning of Matsogi-Do. To maintain assignment copy of syllabus.
Breaking/Measuring	1-board (3/4 inches) with hand technique 1-board (1/2 inch) with flying foot technique
Others	Knowledge of previous grades.

Grading Syllabus for Second Grade (Red Belt)

Stamina	10 Exercise
Compulsory Pattern	ZAP Tul
Kicks	Back Thrust Kick, Turning kick with toe, knee Upward, kick, all the previous kicks in jumping positon, Combinations of previous belt grade kicks.
Hand Techniques	(a) Walking stance Upset fingertip Low Thrust (b) Vertical Stance Knife Hand Downward Strike (c) Walking Stance Flat Fingertip High Thrust (d) L-Stance Back fist High Strike (e) Walking Stance Straight Fingertip Thrust

	(f) L-stance Outer forearm Inward Block
	(g) Walking Stance X-fist Pressing block
	(h) L-Stance Side Elbow Thrust
Sparring	2-Minute sparring of 2-rounds with a halt of 30-seconds.
Self Defence	5-Self Defence
Theory	Meaning of Tul. Meaning of present Belt. To maintain assignment copy of syllabus.
Breaking/Measuring	Power breaking with hand technique. Two boards with flying foot. Stomach breaking.
Others	Knowledge pf previous grades.

Grading syllabus for first Grade (Brown Belt)

Stamina	10 Exercise
Compulsory Pattern	QUASI Tul.
Kicks	Twisting Kick, Cycling Kicks, Side Flying kicks Over 5 persons: All previous kicks (Ground and Flying) Combinations of previous grade kicks.
Hand Techniques	10-types of blocks (forearm and Knife Hand)
Sparring	3-Rounds of two minutes each with the halt of 30-second in the sparring. Face Punch will be allowed.

Self Defence	5-Self Defence, 5-Self Defence from extra Weapons (Stick etc).
Theory	<p>Meaning of Tul.</p> <p>Theory of Power, Philosophy, Oath, Tenents, Moral Culture, Brief of Matsogi-Do, Sparring Rules, Knowledge of events to be played in nationals. To maintain assignment copy of syllabus.</p> <p>Breaking/Measuring 4-pieces of Nagpuri tiles (Kavalooos) with hands techniques. Two Boards with foot techniques.</p>
Others	Knowledge of previous grades

Note: Measuring and breaking techniques for a Junior Children and Girls will be examined by the concerned examiner according to their physique and the Disciplinary Committee. At least one of the members must be present in the area at all time throughout the tournament.

Disqualification:

Team Managers/Representative or individuals who persists in arguing against decisions made by the Tournament Adjudication Committee may be decision of that Committee, have an individual or a whole team disqualified from that even and all further events of the tournament. The matter will be considered by the Adjudication Committee at a later with a view to further.