



Contents

Grading Sheets for:

Cho Dan Bo

1st. Dan

2nd Dan

3rd.Dan

4th. Dan

Black Belt Punching Mitt Routines

Weapons Wheel

Poomse Patters in Korean for:

Koryo

Keumgung

Taebek

Pyongwon



Theory Grading Requirements

Red 3 grading to Cho Dan Bo

Page 1 of 2 (Please print both pages back to back)

Students Name (Please Print)

Preferred Belt Size 1-7

Students will be tested on the **Verbal General Knowledge** (below) at the time of handing in this form

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk

The above applicant;

1, has successfully completed **Pre-Grading** requirements

2, has handed in their grading book

3, has paid all fees up to date, including grading fee

is now eligible to grade on (Date)_____

Instructor's Signature



Grading Requirements Red 3 grading to Cho Dan Bo

Page 2 of 2

Stepping in stance with hand techniques

Excerpt from Koryo

Kicking

Triple Kicks:

Front, Roundhouse and Side

Patterns

Ill, Ee, Sam, Sa, O, Yuk, Chil and Pal Jang.

Punching/Kicking mitt routines

Punching No.3 + all Kicking mitt routines

One Step Sparring

Attacker: Body punch / Face punch / Front kick / Roundhouse kick

Defender: Avoid or block with contact, counter x7 without contact

One Step Self Defence

Against a Front Kick

Against a Roundhouse Kick

Sparring

Full contact with protective gear

(One Round)

Board Breaking

Advancing, jumping turning side kick.



Cho Dan Bo to 1st Dan/Poom Name _____

Stepping in stance with hand techniques _____/10

Excerpt from Koryo (from kahl jebi to kahl jebi)

Excerpt from Keumgung (from an polmok momtong hetcho makgi to sonnal momtong makgi)

Kicking _____/10

Triples: Front, Round, Side.

Low sweep, middle spin, high spin.

Poomse _____/10

All Taeguk poomse, Koryo

Koryo step by step in Korean _____/10

Punching/Kicking mitt routines _____/10

Punching No.3 + all Kicking mitt routines

One Step Sparring _____/10

Attacker: Body punch / Face punch / Front kick / Roundhouse kick

Defender: Avoid or block with contact, counter x7 without contact

One step self defence _____/10

Against Front kick / Roundhouse kick

Weapons defence _____/10

Short knife stab / Lunging knife stab / Reverse knife slash / Overhead club attack

Free Flowing Defence _____/10

Self made scenario defence with one or more partners (minimum 7 defences)

Full Contact Sparring _____/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

Board Breaking _____/10

2x combination (one must be spinning or turning kick)

General Knowledge and Yong-o _____/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo

Taekwondo history / General Terminology

Submit essay on Taekwondo

Total Score _____

Average Score _____

Pass Score 7



1st Dan to 2nd Dan/Poom

Name _____

Stepping in stance with hand techniques

_____/10

Excerpt from Keumgung (from keumgung makgi to Kun Dol Djogi)

Excerpt from Taebek (from sonnal makgi to momtong jirugi)

Kicking

_____/10

Front foot to head, jumping backwards, kicking off the back foot to the head, stepping backwards with: Front, Round, Side.

Double Side Kicks with:

Jumping turning back, Jumping Turning Side, Jumping Turning Spinhook

Poomse

_____/10

All Taeguk poomse, Koryo, Keumgang

Keumgang step by step in Korean

_____/10

Punching/Kicking mitt routines

_____/10

Two Step Sparring

_____/10

Attacker: Combination of 1x hand strike and 1x kick (x3 routines)

Defender: Avoid or block with contact, counter x5 without contact.

Unarmed defence

_____/10

2 attackers:

Bear Hug and Face Punch

Headlock choke hold from behind and two hand grab from front

Weapons Wheel

_____/10

Defend against 4 in a circle, disarm with arm bars.

Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club

Weapons handling

_____/10

Sword pattern

Free Flowing Defence

_____/10

Self made scenario defence with one or more partners (minimum 7 defences)

Full Contact Sparring

_____/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

Board Breaking

_____/10

3x combination (one must be jumping, one must be spinning or turning kick)

General Knowledge and Yong-o

_____/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo / Meaning of Keumgang
Taekwondo history / General Terminology

Submit essay on Taekwondo

Total Score _____

Average Score _____

Pass Score 7



2nd Dan to 3rd Dan/Poom

Name _____

- Stepping in stance with hand techniques** _____/10
Excerpt from Taebek (from jebi poom mok chigi to momtong jirugi)
Excerpt from Pyongwon (from sonnal makgi to santul makgi)
- Kicking** _____/10
Advancing front foot cut kicks with: Axe kick, Reverse roundhouse, Spinhook.
Advancing jumping turning spinhook into Low sweep, Jumping spinhook.
- Poomse** _____/10
All Taeguk poomse, Koryo, Keumgang, Taebek
- Taebek step by step in Korean** _____/10
- Punching/Kicking mitt routines** _____/10
- Three Step Sparring** _____/10
Attacker: Combination of 1x hand strike and 2x kicks (x3 routines)
Defender: Avoid or block with contact, counter x4 without contact.
- Unarmed Defence** _____/10
Throws against two handed grab: Over hip, Over shoulder, Back flip
- Weapons Wheel** _____/10
Defend against 8 in a circle. In order:
Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club
Short knife stab, Lunging knife stab, Reverse knife slash, Overhead club attack
- Weapons Handling** _____/10
Sword pattern
Nunchuck pattern (your choice from Yong Muki syllabus – minimum yellow belt)
- Free Flowing Defence** _____/10
Self made scenario defence with one or more partners (minimum 7 defences)
- Full Contact Sparring** _____/10
Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)
- Board Breaking** _____/10
4x combination (one must be jumping, one must be spinning or turning kick)
- General Knowledge and Yong-o** _____/10
Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo / Meaning of
Kuemgang / Meaning of Taebek
Taekwondo history / General Terminology
Submit essay on Taekwondo

Total Score _____

Average Score _____

Pass Score 7



3rd Dan to 4th Dan

Name _____

Stepping in stance with hand techniques	_____/10
Excerpt from Pyongwon (from keumgung makgi to sonal area makgi) Excerpt from Shipjin (from dwit gubi to dubon palgup yop chigi)	
Kicking	_____/10
Jumping front/back, switch, jumping splits Flying side kick over 4 people High jump kick 1/4 more than own height	
Poomse	_____/10
All Taeguk poomse, Koryo, Keumgang, Taebek, Pyongwon.	
Pyongwon step by step in Korean	_____/10
Punching/Kicking mitt routines	_____/10
Four Step Sparring	_____/10
Attacker: Combination of 2x hand strike and 2x kicks (x3 routines) Defender: Avoid or block with contact, counter x3 without contact.	
Unarmed Defence	_____/10
Entire self defence syllabus in quick succession	
Weapons Wheel (in reverse order)	_____/10
Defend against 8 in a circle. In order: Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club Short knife stab, Lunging knife stab, Reverse knife slash, Overhead club attack	
Weapons handling	_____/10
Sword pattern Nunchuck pattern (your choice from Yong Muki syllabus – minimum yellow belt) Bo Pattern (your choice from Yong Muki syllabus – minimum yellow belt)	
Free Flowing Defence	_____/10
Self made scenario defence with one or more partners (minimum 7 defences)	
Full Contact Sparring	_____/10
Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)	
Board Breaking	_____/10
5x combination (one must be jumping, one must be spinning or turning kick)	
General Knowledge and Yong-o	_____/10
Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo, Keumgang, Taebek and Pyongwon. Taekwondo history / General Terminology Essay on Taekwondo – 5 Tenants of Taekwondo – 2000 words	
Total Score	_____
(Pass Score 7)	Average Score _____



Black Belt Punching Mitt Routines

Black Belt Punching

(jab, cross, hook, duck) x10

Black Belt Kicking No.1

(switch back roundhouse) x6

Black Belt Kicking No.2

(double round off back, jumping back kick) x6

Black Belt Kicking No.3

(roundhouse to body - body, reverse roundhouse to head) x4

Black Belt Kicking No.4

(step back, spinning roundhouse) x6

Black Belt Kicking No.5

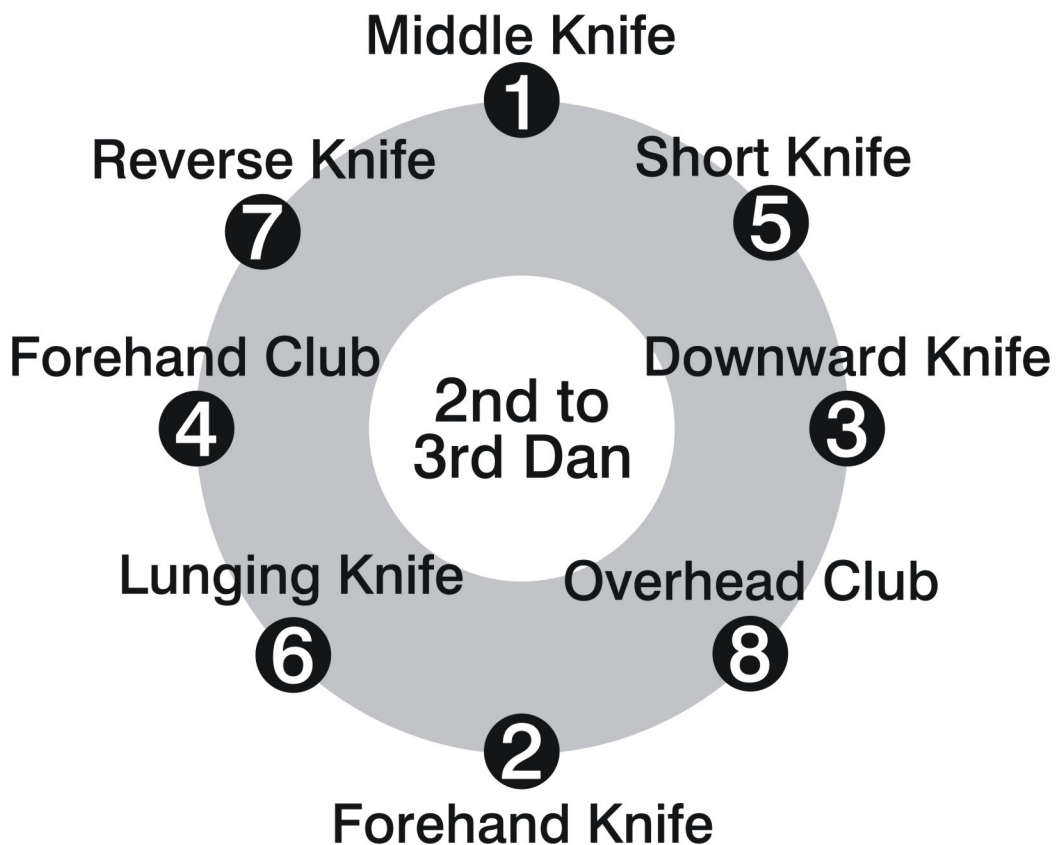
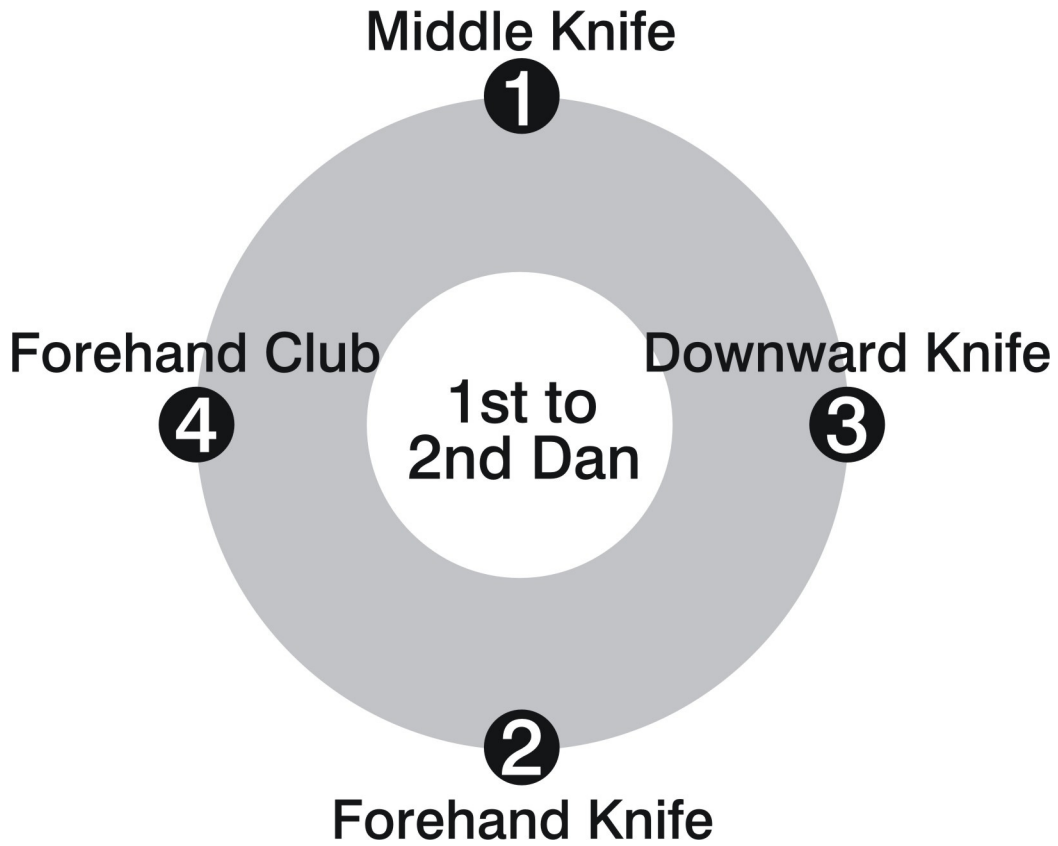
(double round off the front, jumping spinhook) x6

Black Belt Kicking No.6

(step back, spinning crescent) x6



Weapons Wheel





Koryo

Tong Milgi Seogi Jumbi

Dwit Gubi	Sonnal Momtong Makgi	Dubon Yop Chagi	
Ap Gubi	Han Sonnal Bakgat Mok Chigi	Momtong Jirugi	
Dwit Gubi	Momtong Makgi		
Dwit Gubi	Sonnal Momtong Makgi	Dubon Yop Chagi	
Ap Gubi	Han Sonnal Bakgat Mok Chigi	Momtong Jirugi	
Dwit Gubi	Momtong Makgi		
Ap Gubi	Han Sonnal Arae Makgi	Kahl Jebi	
Ap Chagi	Ap Gubi	Han Sonnal Arae Makgi	Kahl Jebi
Ap Chagi	Ap Gubi	Han Sonnal Arae Makgi	Kahl Jebi (Kihap)
Ap Chagi	Ap Gubi	Murup Gokgi	Ddora
Ap Gubi	An Palmok Momtong Hechyo Makgi		
Ap Chagi	Ap Gubi	Murup Gokgi	
Ap Seogi	An Palmok Momtong Hechyo Makgi	Ddora	
Juchum Seogi Han Sonnal Yop Makgi	Pyojok Jirugi		
Ap Koa Seogi Yop Chagi			
Ap Gubi	Pyon Songut Jaechyo Djirugi		
Ap Seogi	Arae Makgi		
Ap Seogi	Batangson Nullo Makgi		
Jucham Seogi Palgup Yop Chigi	Han Sonnal Yop Makgi	Pyojok Jirugi	
Ap Koa Seogi Yop Chagi			
Ap Gubi	Pyon Songut Jaechyo Djirugi		
Ap Seogi	Arae Makgi		
Ap Seogi	Batangson Nullo Makgi		
Juchum Seogi Palgup Yop Chigi			
Moa Seogi	Me Jumok Chigi	Ddora	
Ap Gubi	Han Sonnal Bakgat Mok Chigi	Han Sonnal Arae Makgi	
Ap Gubi	Han Sonnal Mok Chigi	Han Sonnal Arae Makgi	
Ap Gubi	Han Sonnal Mok Chigi	Han Sonnal Arae Makgi	
Ap Gubi	Kahl Jebi (Kihap)	Tong Milgi Seogi	



Keumgang

Jumbi

Ap Gubi	An Polmok Montong Heychyo Makgi
Ap Gubi	Batangson Tok Chigi
Ap Gubi	Batangson Tok Chigi
Ap Gubi	Batangson Tok Chigi
Dwit Gubi	Han Sonnal Momtong Makgi
Dwit Gubi	Han Sonnal Momtong Makgi
Dwit Gubi	Han Sonnal Momtong Makgi
Hakdari Seogi	Keumgang Makgi Kun Dol Djogi
Juchum Seogi	Kun Dol Djogi Ddora
Juchum Seogi	Kun Dol Djogi
Juchum Seogi	Santul Makgi (Kihap) Ddora
Juchum Seogi	An Polmok Momtong Heychyo Makgi
Narani Seogi	Arae Heychyo Makgi
Juchum Seogi	Santul Makgi
Hakdari Seogi	Keumgang Makgi Kun Dol Djogi
Juchum Seogi	Kun Dol Djogi Ddora
Juchum Seogi	Kun Dol Djogi
Hakdari Seogi	Keumgang Makgi Kun Dol Djogi
Juchum Seogi	Kun Dol Djogi Ddora
Juchum Seogi	Kun Dol Djogi
Juchum Seogi	Santul Makgi (Kihap) Ddora
Juchum Seogi	An Polmok Momtong Heychyo Makgi
Narani Seogi	Arae Heychyo Makgi
Juchum Seogi	Santul Makgi
Hakdari Seogi	Keumgang Makgi Kun Dol Djogi
Juchum Seogi	Kun Dol Djogi Ddora
Juchum Seogi	Kun Dol Djogi Parro



Taebek

Jumbi

Bom Seogi Sonnal Arae Heychyo Makgi

Ap Chagi Ap Gubi Dubon Momtong Jirugi

Bom Seogi Sonnal Arae Heychyo Makgi

Ap Chagi Ap Gubi Dubon Momtong Jjirugi

Ap Gubi Jebi Poom Mok Chigi

Ap Gubi Dankyo Momtong Jirugi

Ap Gubi Dankyo Momtong Jirugi

Ap Gubi Dankyo Momtong Jirugi (kihap) Ddora

Dwit Gubi Keumgang Momtong Makgi

Dankyo Tok Jirugi Jageun Dol Djogi Momtong Jirugi

Hakdari Seogi Jageun Dol Djogi Yop Chagi, Me Jumok Chigi

Ap Gubi Palgup, Pyojok Chigi

Dwit Gubi Keumgang Momtong Makgi

Dankyo Tok Jirugi Jageun Dol Djogi Momtong Jirugi

Hakdari Seogi Jageun Dol Djogi Yop Chagi, Me Jumok Chigi

Ap Gubi Palgup, Pyojok Chigi

Dwit Gubi Sonnal Momtong Makgi

Ap Gubi Batangson Nullo Maki, Pyon Songut Sewo Djirugi Ddora

Ap Gubi Dankyo Jumok Jebi Ddora

Dwit Gubi Yop Ogul Bakgat Dung Jumok Chigi

Ap Gubi Momtong Jirugi (kihap) Ddora

Ap Gubi Gawi Makgi

Ap Chagi Ap Gubi Dubon Momtong Jirugi

Ap Gubi Gawi Makgi

Ap Chagi Ap Gubi Dubon Momtong Jirugi Parro



Pyongwon

Narahni Seogi	Sonnal Arae Heychyo Makgi, Tong Milgi	
Dwit Gubi	Han Sonnal Arae Makgi	Ddora
Dwit Gubi	Han Sonnal Backgat Momtong Makgi	
Ap Gubi	Palgup Tok Chigi	
Ap Chagi	Ddora	Yop Chagi
Dwit Gubi	Sonnal Momtong Makgi	Sonnal Arae Makgi
Juchum Seogi	Goduro An Polmok Backgat Ogul Makgi	
Juchum Seogi	Dankyo Dung Jumok Chigi (Kihap)	Dankyo Dung Jumok
Ap Koa Seogi	Dubon Palgup Yop Chigi	
Juchum Seogi	Santul Makgi	
Hakdari Seogi	Keumgang Makgi	
Jageun Dol Djogi	Yop Chagi	
Ap Gubi	Palgup Tok Chigi	
Ap Chagi	Ddora	Yop Chagi
Dwit Gubi	Sonnal Momtong Makgi	Sonnal Arae Makgi
Juchum Seogi	Goduro An Polmok Backgat Ogul Makgi	
Juchum Seogi	Dankyo Dung Jumok Chigi (Kihap)	Dankyo Dung Jumok
Ap Koa Seogi	Dubon Palgup Yop Chigi	
Juchum Seogi	Santul Makgi	
Hakdari Seogi	Keumgang Makgi	
Jageun Dol Djogi	Yop Chagi, Me Jumok Chigi	
Ap Gubi	Palgup Pyojok Chigi	Parro