



## Contents

Grading Sheets for:

Cho Dan Bo

1<sup>st</sup>. Dan

2<sup>nd</sup> Dan

3<sup>rd</sup>.Dan

4<sup>th</sup>. Dan

Poomse Patters in Korean for:

Koryo

Keumgung

Taebek

Pyongwon



## Theory Grading Requirements Red 3 grading to Cho Dan Bo

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**Students Name** (Please Print)

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**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

4, has nominated a new person to witness their grading

is now eligible to grade on (Date)\_\_\_\_\_

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### **Instructor's Signature**

Grading payment of \$\_\_\_\_\_ can be made via Cash, Credit Card or Cheque  
(Made out to Fat Frog Pty. Ltd.)

Grading fee includes, new belt, certificate, breaking board/s (where required).



## **Grading Requirements Red 3 grading to Cho Dan Bo**

### **Stepping in stance with hand techniques** Excerpt from Koryo

#### **Kicking**

Triple Kicks:

Front, Roundhouse and Side

#### **Patterns (Poomse)**

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

#### **Punching/Kicking mitt routines**

Punching No.3 + Kicking No.1, No.2, No.3, No.4, No.5  
+ Kicking No.6 (2x roundhouse-same leg, Spinning roundhouse)

#### **One step sparring (Hanbon Gyorugi)**

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

Defender: Avoid or block with contact, counter (minimum x5) without contact (Self made)

#### **One Step Self Defence**

Against a Front Kick

Against a Roundhouse Kick

#### **Sparing (Gyorugi)**

Full contact with protective gear  
(One Round)

#### **Board Breaking (Gyokpa)**

Advancing, jumping turning side kick.



## Grading Requirements Cho Dan Bo to 1st Dan/Poom

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**Students Name** (Please Print)

The above applicant:

1. has successfully completed **Pre-Grading** requirements
2. has paid all fees up to date, including grading fee
3. has nominated a new person to witness their grading
4. is now eligible to grade on (Date) \_\_\_\_\_

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**Instructor's Signature**

Grading payment of \$ \_\_\_\_\_ can be made via Cash, Cheque (Made out to Team Taekwondo) or Credit Card (Complete the credit card section below).  
Grading fee includes, belt & stripes, certificate and board/s (where required).



## **Grading Requirements Cho Dan Bo to 1st Dan/Poom**

**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

Set ap chagi. Set dolyo chagi. Set yop chagi.

Arae huryo chagi, momtong huryo chagi, ogul huryo chagi.

**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

**Hanbon Gyorugi** \_\_\_\_\_/10

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

Defender: Avoid or block with contact, counter (minimum x5) without contact (Self made)

**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

**Hoshinsul** \_\_\_\_\_/10

Flowing self defence with one or more partners (minimum 5 attacks)

(at least one attack to be with a weapon)

**Gyorugi** \_\_\_\_\_/10

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

**Gyokpa** \_\_\_\_\_/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

Essay on Taekwondo

**Total Score** \_\_\_\_\_/120

Pass score is at least 7/10 average or 84/120



## Grading Requirements 1<sup>st</sup> Dan to 2nd Dan/Poom

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**Students Name** (Please Print)

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
4. has nominated a new person to witness their grading
5. is now eligible to grade on (Date)\_\_\_\_\_

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**Instructor's Signature**

Grading payment of \$\_\_\_\_\_ can be made via Cash, Cheque (Made out to Team Taekwondo) or Credit Card (Complete the credit card section below).

Grading fee includes, belt & stripes, certificate and board/s (where required).



## Grading Requirements 1<sup>st</sup> Dan to 2nd Dan/Poom

**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

Set ap chagi. Set dolyo chagi. Set yop chagi.

Arae huryo chagi, momtong huryo chagi, ogul huryo chagi, ddoio ogul huryo chagi.

**Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang

**Keumgang step by step in Korean** \_\_\_\_\_/10

**Punching/Kicking mitt routines** \_\_\_\_\_/10

Punching No.3 + all Kicking mitt routines

**Hanbon Gyorugi** \_\_\_\_\_/10

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

Defender: Avoid or block with contact, counter (minimum x5) without contact (Self made)

**One step self defence** \_\_\_\_\_/10

Against Front kick / Roundhouse kick / Face punch

**Weapons defence** \_\_\_\_\_/10

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

**Hoshinsul** \_\_\_\_\_/10

Flowing self defence with one or more partners (minimum 5 attacks)

(at least one attack to be with a weapon)

**Gyorugi** \_\_\_\_\_/10

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

**Gyokpa** \_\_\_\_\_/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

Essay on Taekwondo

**Total Score** \_\_\_\_\_/120

Pass score is at least 7/10 average or 84/120



## Grading Requirements 2nd Dan to 3rd Dan/Poom

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**Students Name** (Please Print)

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**Preferred Belt Size 1-7**

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
4. has nominated a new person to witness their grading
5. is now eligible to grade on (Date)\_\_\_\_\_

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**Instructor's Signature**

Grading payment of \$\_\_\_\_\_ can be made via Cash, Cheque (Made out to Team Taekwondo) or Credit Card (Complete the credit card section below).

Grading fee includes, belt & stripes, certificate and board/s (where required).



## Grading Requirements 2nd Dan to 3rd Dan/Poom

### 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

Set ap chagi. Set dolyo chagi. Set yop chagi.

Arae huryo chagi, momtong huryo chagi, ogul huryo chagi, ddo ogul huryo chagi, ap ddo ogul huryo chagi.

### Poomse \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang, Taebek

### Taebek step by step in Korean \_\_\_\_\_/10

### Punching/Kicking mitt routines \_\_\_\_\_/10

Punching No.3 + all Kicking mitt routines

### Dubon Gyorugi \_\_\_\_\_/10

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

Defender: Avoid or block with contact, counter (minimum x5) without contact for each attack  
(Self made)

### Self defence / One step self defence \_\_\_\_\_/10

Against Front kick / Roundhouse kick / Face Punch

2 Attackers (bear hug)

### Weapons defence \_\_\_\_\_/10

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

Sword pattern, Nunchuck Pattern.

### Hoshinsul \_\_\_\_\_/10

Flowing self defence with one or more partners (minimum 5 attacks)

(at least one attack to be with a weapon)

### Gyorugi \_\_\_\_\_/10

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

### Gyokpa \_\_\_\_\_/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 Keumgang /  
Meaning of Taebek

Taekwondo history / General Terminology

Essay on Taekwondo

**Total Score \_\_\_\_\_/120**

Pass score is at least 7/10 average or 84/120



## Grading Requirements 3rd Dan to 4<sup>th</sup> Dan/Poom

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**Students Name** (Please Print)

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**Preferred Belt Size 1-7**

6. has successfully completed **Pre-Grading** requirements

7. has handed in their grading book

8. has paid all fees up to date, including grading fee

9. has nominated a new person to witness their grading

10. \_\_\_\_\_ is now eligible to  
grade on (Date)\_\_\_\_\_

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**Instructor's Signature**

Grading payment of \$\_\_\_\_\_ can be made via Cash, Cheque (Made out to Team Taekwondo) or Credit Card (Complete the credit card section below).

Grading fee includes, belt & stripes, certificate and board/s (where required).



## Grading Requirements 3rd Dan to 4th Dan/Poom

### **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

Set ap chagi. Set dolyo chagi. Set yop chagi.

Arae huryo chagi, momtong huryo chagi, ogul huryo chagi, ddo ogul huryo chagi, ap ddo ogul huryo chagi, ap ddo ogul huryo chagi.

### **Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang, Taebek, Pyongwon.

### **Pyongwon step by step in Korean** \_\_\_\_\_/10

### **Punching/Kicking mitt routines** \_\_\_\_\_/10

Punching No.3 + all Kicking mitt routines

### **Dubon Gyorugi** \_\_\_\_\_/10

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

Defender: Avoid or block with contact, counter (minimum x5) without contact for each attack  
(Self made)

### **One step self defence** \_\_\_\_\_/10

Against Front kick / Roundhouse kick / Face Punch

2 Attackers (bear hug) / Any self defence as requested x5

### **Weapons defence** \_\_\_\_\_/10

Short knife stab / Lunging knife stab / Reverse knife slash / Overhead club attack  
Sword pattern, Nunchuck pattern, Bo Pattern.

### **Hoshinsul** \_\_\_\_\_/10

Flowing self defence with one or more partners (minimum 5 attacks)  
(at least one attack to be with a weapon)

### **Gyorugi** \_\_\_\_\_/10

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

### **Gyokpa** \_\_\_\_\_/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** \_\_\_\_\_/120

Pass score is at least 7/10 average or 84/120



## Koryo

### Tong Milgi Seogi Jumbi

Dwit Gubi		Sonnal Momtong Makgi	Dubon Yop Chagi
Ap Gubi		Sonnal Bakgat Mok Chigi	Momtong Jirugi
Dwit Gubi		Momtong Makgi	
Dwit Gubi		Sonnal Momtong Makgi	Dubon Yop Chagi
Ap Gubi		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		Sonnal Bakgat Mok Chigi	Han Sonnal Arae Makgi
Ap Gubi		Sonnal Mok Chigi	Han Sonnal Arae Makgi
Ap Gubi		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	Sonnal Momtong Makgi	
Dwit Gubi	Sonnal Momtong Makgi	
Dwit Gubi	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	Ddora
Bom Seogi	Sonnal Arae Heychyo Makgi	Ap Chagi
Ap Gubi	Dubon Momtong Jjirugi	
Ap Gubi	Jebi Poom Mok Chigi	
Ap Gubi	Momtong Jirugi	
Ap Gubi	Momtong Jirugi	
Ap Gubi	Momtong Jirugi (kihap)	Ddora
Dwit Gubi	Keumgang Momtong Makgi	
	Dankyo Tok Jirugi	
	Momtong Jirugi	
Hakdari Seogi	Yop Chagi, Yop Me Jumok Chigi	
Ap Gubi	Palgup, Pyojok Chigi	
Moa Seogi, Dwit Seogi	Keumgang Momtong Makgi	
	Dankyo Tok Jirugi	
	Momtong Jirugi	
Hakdari Seogi	Yop Chagi, Yop Me Jumok Chigi	
Ap Gubi	Palgup, Pyojok Chigi	
Moa Seogi, Dwit Gubi	Sonnal Momtong Makgi	
Ap Gubi	Batangson Nullo Maki, Pyon Songut Sewo Djirugi	
Ap Gubi	Dankyo Jebi	Ddora
Dwit Gubi	Yop Ogul Dung Jumok	
Ap Gubi	Momtong Jirugi (kihap)	Ddora
Ap Gubi	Gawi Makgi	Ap Chagi
Ap Gubi	Dubon Momtong Makgi	Ddora
Ap Gubi	Gawi Makgi	Ap Chagi
Ap Gubi	Dubon Momtong Makgi	Parro



## Pyongwon

### Jumbi

Narani 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
Ap Gubi	Sonnal Momtong Makgi, Sonnal Arae Makgi	
Juchum Seogi	Goduro An Polmok Backgat Ogul Makgi	
Juchum Seogi	Dankyo Dung Jumok (Kihap) Dankyo Dung Jumok	
Ap Koa Seogi	Dubon Palgup Yop Chigi	
Juchum Seogi	Santul Makgi	
Hakdari Seogi	Keumgang Makgi,	Yop Chagi
Ap Gubi	Palgup Tok Chigi	Ap Chagi, Ddora Yop Chagi
Ap Gubi	Sonnal Momtong Makgi, Sonnal Arae Makgi	
Juchum Seogi	Goduro An Polmok Backgat Ogul Makgi	
Juchum Seogi	Dankyo Dung Jumok (Kihap) Dankyo Dung Jumok	
Ap Koa Seogi	Dubon Palgup Yop Chigi	
Juchum Seogi	Santul Makgi	
Hakdari Seogi	Keumgang Makgi, Yop Chagi, Me Jumok Yop Chigi	
Ap Gubi	Palgup, Pyojok Chigi	Parro