
Student Name

Training Syllabus



www.teamtkd.com.au



Welcome to Team Taekwondo



We are very pleased to welcome you to Team Taekwondo. The name Team Taekwondo has been chosen very carefully to reflect the ideals, philosophy and aspirations of the club. In the broader meaning of the word, "Team" encompasses the members, the instructors, and also their families. Team Taekwondo is family focused and understands that a club is not really a club without the social and family aspects pertaining to it. Team Taekwondo is not only a place where people come to get fit, learn self defence and gain confidence, it is also a place to share with family, a place to make new friends and a place for social interaction.

We see our role as providing a quality facility, one that people will feel comfortable training in, along with excellent training systems, encompassing positive teaching methods, and most of all we aim to provide a friendly and supportive atmosphere where members feel that they are an integral component to the club's success and most importantly, we wish to empower people to be the best they can be.

We hope your time with us will prove to be an even more rewarding, fulfilling, even life changing experience than you ever imagined it could be.

We look forward to seeing you at training!
David and Erin Vernon



Training Centre

Shop 4B, 815 Zillmere Rd, Aspley Home Maker City



Toilets: There is a toilet in the training centre but we'd rather members use the public toilets located just around the corner prior to coming training, accompanied by a parent of course.

Students can use our toilet if needed but it may be a bit awkward during training times as they will have to walk through the class in progress. Once children are inside the building we won't send them out to the public toilet, unless of course they are accompanied by a parent and of course they can use the toilet in our building if need be – don't want any accidents😊.



All on the website

For the most up to date information about the club please visit the website

www.teamtkd.com.au



HOME

TKD-HOW IT WORKS

TKD MEMBERS PAGE

INSTRUCTORS

EVENTS

FEES AND MORE

SHOP



Training fees

Little Martial Arts (Ages 2 - 6)

\$16 a week (billed at \$32 per fortnight)
Includes all insurances and financial fees.

Starter Pack \$65

Includes uniform, belt, drink bottle, certificate, carry bag.

This is a "once a week" program.

[Visit the website for more info](#)



Training fees

Team Taekwondo 7yo+

\$32 a week (billed at \$64 per fortnight)
Includes all insurances and financial fees.

Starter Pack \$65

Includes uniform, belt, drink bottle, grading book, carry bag.

This is a recommended "twice a week" program.

UNLIMITED WEEKLY ACCESS

Includes:

- 2x specialist beginner classes
- 2x Sparring classes
- 2x Weapons classes
- 1x General class
- 1x Poomsae / Self Defence class

Family Specials

3rd member is half price

4th+ members are free

Cancellations / Suspensions

There is no minimum term of contract. You can cancel or suspend at any time by giving at least one weeks notice in writing (see contact form below)

Suspensions are from one to three months at a time. You will need a re-start date for a suspension and the payments will automatically re-start from that date, unless we hear from you otherwise.

**We cannot issue refunds for late notices of suspensions or cancellations.*

Training fees over the Holidays

Your fortnightly fee already takes into account any holidays.

We operate for 48 weeks of the year and that's all you're being charged for.

That yearly fee is divided up into 26 equal payments to make it easy.

Make up classes

Make up classes are available for the Little Martial Arts program as they only train once a week. To organise a make up session please go to www.littlema.com.au/aspley.

Team Taekwondo offer unlimited training so there is no need to book a make up session.

Membership Changes

Cancellations / Suspensions

Transferring from LMA to TKD.

Name *	Message *
Email *	
Phone No. *	

Send



Tournaments

Held twice a year. Every student is required to participate in one Team Tournament every year. These are in-house tournaments are designed to give the members a positive experience.

For those wishing to take their tournaments a little more seriously, we can guide you through the process of inter club, state and national competitions.



Compulsory Sparring Class

Every member, yellow belt and above, needs to complete at least one sparring session prior to their next grading.



Dress Code

Normal training times – Full dobok or official Team shirt with dobok pants and belt.
Grading – Full dobok

Grading Camps

Held only once a year over the school holidays. 20 hours of intense training including a grading in one week.





The Instructors



Team Taekwondo's instructor training program is second to none.

Instructors are put through the Team Instructor Training course over many months and sometimes years so that we can provide our students with the best trained, most enthusiastic, highly motivated and best equipped instructors around.

As well as our Team of qualified instructors there are also around 10 instructors in training at any given time. Most of them will eventually join our Team of qualified instructors and wear the black champion dobok.



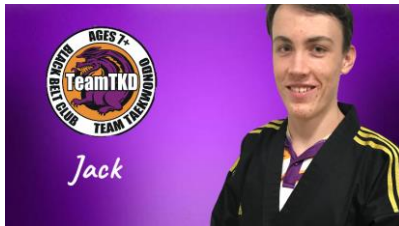
David



Erin



Michael



Jack



ADA



Shanice



Abbey



Sean



Jaidyn



Laura

Facebook

Team Taekwondo has its own Facebook page. All photos from events go on this page. Like us on Facebook to keep up to date with all the club happenings.



become a fan
on facebook



Post Cards

Once you or your child has reached yellow belt level they may receive "Awesome Effort" Post Card in your mail box. An instructor may send this card to you or your child for an outstanding effort at training.



This is always a thrill for anyone receiving one and a real self esteem booster for the kids!

Stripes for Belts

This revolutionary system has been developed over many years of teaching taekwondo and most importantly, **it works!**

Coloured stripes are awarded to students for achieving a certain taekwondo skill to a certain level. Stripes can be awarded at any given training session throughout the term. Once a student has collected all of their relevant stripes they are ready to grade to the next belt level.

The stripes system is a powerful tool for student's goal setting, motivation and self esteem.

Only students who achieve all their stripes attend grading. This means that everyone who attends grading is well ready for it - with this system there is no fail at grading, only positive achievements, in front of supportive family, friends and instructors.

White Junior

Good Behaviour
Horseriding with Punches
Front Kick
Roundhouse Kick
Diamond Step & Footwork
Punching Mitt
Blocking
Self Defence 1
Self Defence 2
Poomsae 1st half
Poomsae 2nd half
Terminology

Everyone Else

Kicking
Punching Mitt
Sparring
Terminology
Poomsae 1st half
Poomsae 2nd half
Poomsae Review
Self Defence 1st half
Self Defence 2nd half
Self Defence Review
Blue 2 Stripe and above
One Step 1st half
One Step 2nd half
One Step Review
Blue 3 Stripe and above
Board Break



Missing Gradings

Missing gradings is part of your journey on the path to black belt. It's normal to miss gradings and it's up to us as parents to help our children have the right perspective. It's a long and rewarding journey and as part of that journey you're expected to develop the character to overcome disappointments from time to time. As our motto states, we teach Skills for Life!

Please bear in mind that if you miss this grading the next one is only 3 months away.

If you've collected all of your stripes and you're ready to grade but just can't make it on the grading day due to other commitments you have three options,

- 1 – grade in 3 months time having honed your skills to an even higher level
- 2- double grade at the next grading (this is something that will need to be managed on a case by case basis)
- 3 – book in a special grading on a different day (currently charged at an extra \$70 on top of your normal grading fee – see the website for current pricing as it may have changed since printing this syllabus)

Grading Requirements

Team Taekwondo gradings are held 4 times a year, toward the end of each school term.

To be eligible to grade members must first collect all their relevant coloured stripes pertaining to the skills they have acquired.



Grading applications are all registered on-line on the grading page of the Team website. Gradings are not compulsory.

Double gradings are possible up to Red Belt level on a case by case basis.

There are no triple gradings.

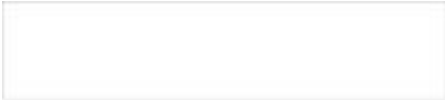











Ipad Log In

Instructors will log students in for every class via the club iPad. As well as allowing the students to keep track of their attendance, the iPad also allows the instructors to, organise ranks, assign any referrals, tag Team Leaders and communicate effectively to all other instructors and admin so that we are all in alignment with the positive direction and quality service provided to each student.





★ Grading Order

Beginner		White Belt
9th gup		Yellow Belt
8th gup		Yellow 2 stripe
7th gup		Yellow 3 stripe
6th gup		Blue Belt
5th gup		Blue 2 stripe
4th gup		Blue 3 stripe
3rd gup		Red Belt
2nd gup		Red 2 stripe
1st gup		Red 3 stripe
Cho Dan Bo		Probationary Black Belt
		Black Belt



Stop Bullies



We all want to keep our kids safe and out of harms way. We want them to be confident, make good choices and say NO to bullies. Once a term David and the team of instructors have a quick chat to the kids about bullying along with some fun, interactive activities. It's a serious subject but we must approach it in a non threatening way.



Training Schedule

Rather than have the instructor decide on the night which skills are to be taught in class, Team Taekwondo run a rotational training schedule every 3 weeks to make sure we comprehensively cover all the skills needed to progress through the ranks. You just need to attend regular training sessions and it's all mapped out for you.

Week 1, 4, 7

Kicking

Self Defence

Week 2, 5, 8

Punching Mitt

One Step Sparring

Board Break

Jnr Y Bonus Weeks

Week 3, 6, 9

Good Form

Poomsae

Week 10

Bonus Week

End of week 10 - Grading Cut Off

Week 11

Poomsae

Self Defence

End of week 11 - Grading

Following Grading

**Back to Week 1 plus
Best Grading &
Team Leader Awards**

Following Week

**Start School Holidays
Start Team Holidays**

Following Week

**Back to Week 2
and so on**

**Schedule may be altered during some terms depending on the public school holiday schedule Members will be notified*

**Schedule does not apply to White Belt Juniors*



How to tie your belt

This will take some practice. Instructors are on hand to help you but everyone is expected to be able to tie their own belt before going to blue belt.



1, Start from the front



2, Wrap around the back and bring to the front
Make both lengths the same



3, Choose one side to be on top and hold with the finger grip as shown



4, The side you chose to be on top now tucks underneath both layers of belt to make the first knot.



5, The top side of the belt folds over the bottom side of the belt



6, Pull the top through the hole and pull tight



The Path to Black Belt

The following information is designed to paint a clear picture of what is required and what you will achieve on your journey to black belt and beyond.

Going from white belt to black belt takes around 4 years on average. If you didn't miss a grading it would take 33 months, almost 3 years. In reality 4 years is more likely as you are expected to miss a few gradings along the way.

We've done our best here to cover all the FAQ's at each stage. Each stage is different and may have different requirements to get to the next level. We've also given many tips on what to expect along the way so there's no surprises, or things you may not have been aware of.

As parents I would encourage you to read ahead, and not just your (child's) belt level to get an overall picture of the entire journey. This will really help when your child becomes a bit disheartened at not earning stripes so easily in the higher levels and possibly missing gradings. Missing gradings is not the issue per-say, that's expected to happen, knowing the road ahead and managing your child's perspective is the key to keeping them on path.

We make this guarantee to every person who joins our club. 100% guarantee that you will make it to black belt, if you don't give up of course. We can't guarantee how long it will take – everyone learns at different rates, some people can make training a lot more than others, children's age also plays a major part, but as long as you don't give up, you'll make it.

Becoming a black belt has nothing at all to do with skill, nothing! Every single black belt at our club has one thing in common though – we refused to give up when the going got tough. Somehow we found the will and the way to continue. Quitting is easy and I'm sure most of our black belts seriously considered it more than once, but we didn't quit, we found a way and made it.

No one ever said it was going to be easy, or that everything to do with Taekwondo was always going to be fun. There will be great times and there will be tough times. One thing is for sure though – it'll be worth it!!! Ask any black belt.





White Belts

Overview: This program is designed to take students all the way through to black belt eventually.

Recommended training frequency: Twice a week is usually enough to get through to the yellow belt grading in one term. The best sessions to gain skills for grading are the belt and age specific lessons.

The Poomsae/Self Defence classes and Bonus classes are also good either as an extra or a “make up” session.

Special requirements: (Juniors only) Gold stripe is earned by having the parents write, txt, email a letter to David or the instructor about good behaviour at home and at school. This can be done at any time throughout the term.

White Belt Grading Guarantee:

By meeting the following criteria you are guaranteed as many one on one free private lessons with head instructor David Vernon to allow you to grade regardless of how many stripes you may be short of for grading.

Training Frequency in one term: 15

Minimum age: 7

First grading:

As this is most likely your first grading there are a few things you need to be aware of. We will keep you informed as we get closer to grading but have summarised it here as well.

Students are eligible to grade once they have achieved their pink stripe. The pink stripe is for verbal terminology and is always the last one awarded. The instructor will go through the terminology questions frequently in class and the questions/answers are all available in this syllabus.

Grading applications are all done on-line on the Team website. Notices about grading will be emailed prior to grading and all the information is up on the website under “Gradings”.

Once graded you will move to the Yellow Belt class (if you’re a junior)

If you have any questions about the process please contact us.

Yellow Belts

Overview: From this level onwards the rotational training schedule kicks in. That means that every week we are concentrating on particular skills. We cover the entire grading syllabus over a 3 week period and repeat that cycle up to grading. It’s very important to keep training regularly so you don’t miss out a chunk of syllabus and have to try and catch up later.

Training frequency: Twice a week is usually enough to get through to the next grading in one term. The best sessions to gain skills for grading are the belt and age specific lessons. The Poomsae/Self Defence classes and Bonus classes are also good either as an extra or a “make up” session.



Yellow cont.

Special requirements:

Sparring class - All students must attend at least one Sparring class throughout the term before grading. The first one is free and no need to book.

Team Tournament – All students must enter at least one Team Tournament and compete in either Poomsae or Sparring some time before grading to blue belt.

A list of the compulsory and recommended protective gear is on the website.

Yellow Belt Grading Guarantee:

By meeting the following criteria you are guaranteed as many one on one free private lessons with head instructor David Vernon to allow you to grade regardless of how many stripes you may be short of for grading.

Training Frequency in one term:20

Minimum age: 8

Blue Belts

Overview: Blue belt class is a big jump up from yellow belts both physically and technically. This is where we expect some members to start missing gradings. A lot of that has to do with age and training frequency.

There are 3 extra skills that will be learned, practiced and performed at grading throughout this belt level.

At blue 2 stripe – One Step Sparring.

At blue 3 stripe – Board breaking and contact sparring.

Training frequency: At least twice a week is recommended. The best sessions to gain skills for grading are the belt and age specific lessons.

The Poomsae/Self Defence classes and Bonus classes are also good either as an extra or a “make up” session.

Special requirements:

Sparring class - All students must attend at least one sparring class throughout the term before grading. The first one is free and no need to book. It is recommended that students at this level, register for the sparring class and attend regularly. When students grade for their black belt they are required to undergo 11 continuous rounds of contact sparring so the more practice at the lower level the better.

Team Tournament – All students must enter at least one Team Tournament and compete in either Poomsae or Sparring some time before grading to red belt.

A list of the compulsory and recommended protective gear is on the website.

Blue Belt Grading Guarantee:

By meeting the following criteria you are guaranteed as many one on one free private lessons with head instructor David Vernon to allow you to grade regardless of how many stripes you may be short of for grading.

Training Frequency in one term:20

Minimum age: 9



Red Belts 1 & 2 stripe

Overview: Red belt class is a big jump up from blue belts both physically and technically. Many people miss gradings at this level. If you've been training twice a week up to this point you should look at upping that at red belt level.

Training frequency: At least three times a week is recommended.

Special requirements:

Sparring class - All red belt students should be registered for sparring and attending regularly. When students grade for their black belt they are required to undergo 11 continuous rounds of contact sparring so the more practice the better.

Team Tournament – All students must enter at least one Team Tournament and compete in either Poomsae or Sparring some time before grading to black belt.

A list of the compulsory and recommended protective gear is on the website.

Red Belt Grading Guarantee:

By meeting the following criteria you are guaranteed as many one on one free private lessons with head instructor David Vernon to allow you to grade regardless of how many stripes you may be short of for grading.

Training Frequency in one term: 30

Minimum age: 10

At Red Belt 3 stripe

Overview: Red 3 stripe is the most difficult and demanding step so far on your journey to black belt. Moving beyond this point takes extreme dedication, intense training and tremendous family support.

The next grading from here is to Cho Dan Bo, which translates as probationary black belt.

Cho Dan Bo is basically half of your black belt grading so the skills need to be precise.

The most difficult aspect is re-learning all of the coloured belt patterns. This takes a great deal of time and students need to make the time to practice at home as well as at training. You will never get enough hours at training alone to get to Cho Dan Bo. Home practice is essential. Most students will remain at this level for 6 – 9 months. Family support is crucial at this point to keep them positive and focussed on what they are about to achieve.

It's not an easy task but it's definitely worth it!

The black belt syllabus is to be used for this and all future gradings. The file is available for download on the website.

Training frequency: At least four times a week plus home practice is recommended.

Special requirements:

Sparring class - All red belt students should be registered for sparring and attending regularly. When students grade for their black belt they are required to undergo 11 continuous rounds of contact sparring so the more practice the better.

Team Tournament – All students must enter at least one Team Tournament and compete in either Poomsae or Sparring some time before grading to black belt.

A list of the compulsory and recommended protective gear is on the website.



Red 3 stripe cont.

Grading Guarantee:

The grading guarantee does not apply to red 3 stripe, Cho Dan Bo or black belt.

The volume of training hours to get to grading is massive and it's impossible for us as a club to monitor the home practice required.

At Cho Dan Bo

Overview: Cho Dan Bo is the probationary black belt level. When grading to your black belt you'll be required to repeat all of your Cho Dan Bo grading, plus everything else needed for black belt which includes:

11 rounds of contact sparring, weapons defence, Koryo pattern in Korean.

Most students will remain at this level for 6 months or so.

The black belt syllabus is to be used for this and all future gradings. The file is available for download on the website.

Training frequency: At least four times a week plus home practice is recommended.

Special requirements:

Sparring class - All Cho Dan Bo students should be registered for sparring and attending regularly.

Team Tournament – All students must enter at least one Team Tournament and compete in either Poomsae or Sparring some time before grading to black belt.

A list of the compulsory and recommended protective gear is on the website.

Black Belt grading selections:

A grading selections event is held one month prior to the grading to determine if students are ready for their black belt grading. To attend the selections students must first meet the following criteria:

Have attended a minimum 15 sparring sessions over the previous 4 months.

Passed the beep test at sparring.

Know Koryo in Korean to the half way point.

Know their theory to a pass level

At the selections students will also be tested on a variety of aspects of their grading.

Grading Guarantee:

The grading guarantee does not apply to red 3 stripe, Cho Dan Bo or black belt.

The volume of training hours to get to grading is massive and it's impossible for us as a club to monitor the home practice required.



Black Belts

Overview: Congratulations, you've done what most people have tried failed to do. Achieving your black belt is a major life accomplishment but it doesn't have to end there. We recommend that you ease off the training intensity and just enjoy your black belt for a while – you deserve it! Twice a week is enough just to keep in touch with your skills and when you're ready, there's a whole bunch of new skills to learn for your next grading. When you're about 6 months away from your next grading we recommend that you step it back up again to a Cho Dan Bo intensity.

Training frequency: Twice a week until your 6 months away from your next grading – then up to 4 time a week..

Special requirements:

Special requirements prior to grading are the same as that for Cho Dan Bo's. There are also minimum periods between dan gradings as set out by the Kukkiwon (World Taekwondo Head Quarters in Korea). The easiest way to remember it is this: however many dan stripes you currently have on your belt, that's the minimum amount of years to grade to the next dan level. For example if you're second dan you need to wait 2 years till third Dan. The minimum times are calculated from the time your Kukkiwon certificate is stamped in Korea, usually 3 months after your actual grading..

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Passed the beep test at sparring.

Know their black belt pattern in Korean to the half way point.

Know their theory to a pass level

At the selections students will also be tested on a variety of aspects of their grading.

Grading Guarantee:

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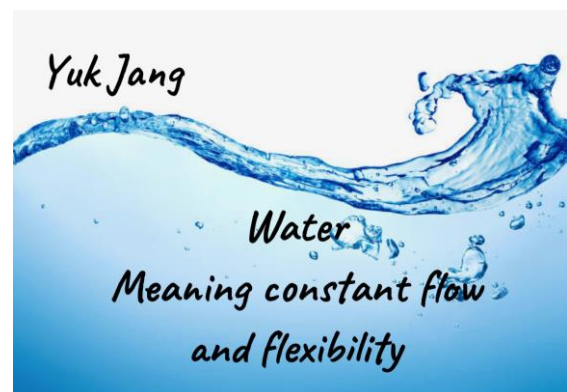
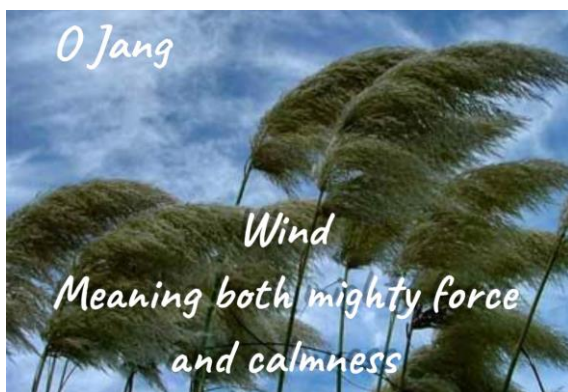
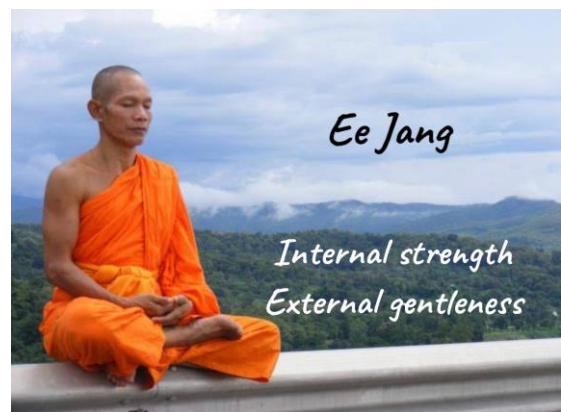
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Meaning of Taeguk Poomsae

Taeguk

Taeguk translates as "the great absolute". The blue and red yin and yang symbol represents the balance and harmony between all life forces. The character for Taeguk means "a king".





Meaning of Black Belt Poomse

Koryo

Koryo poomse is represented by the character “Seonbae”, which symbolises a learned person, who is characterised by a strong martial, as well as a virtuous spirit.

Keumgang

Keumgang poomse is represented by the character meaning “a mountain” and is named after Mount Keumgang, (also meaning diamond) in the Korean Peninsula. It is interpreted as signifying “hardness”.

Taebek

Taebek is the name of a mountain in Korea. It translates as “Bright Mountain” and is considered to be where the Korean nation was founded. Taebek poomse is represented by the character symbolising humanitarian ideals.

Pyongwon

Pyongwon is represented by the character meaning “one”, symbolising a vast, stretched out plain, the place where human beings live their life.

Sipjin

The character for Sipjin means “ten”, and was derived from the principle of longevity, which advocates there are ten aspects of long life. The poomse Sipjin symbolises ceaseless development.



Taekwondo history

- 37 BC:** Taekwondo was derived from some of the worlds oldest martial arts, dating back 2000 years to the Koryo Dynasty. Two of Taekwondo's original names were Subak and Taekkyon.
- 1920:** Japan invaded Korea and Taekwondo was outlawed.
- 1945:** Korea regained its independence
- 1946:** A conference was held to develop Taekwondo to be taught in schools, kwans and the military, then called Korean Karate.
- 1955:** Taekwondo the name was chosen, which means the art of hand and foot fighting.
- 1961:** The Korean Taekwondo Association was formed.
- 1972:** The World Taekwondo Headquarters was formed, known as Kukkiwon and the Australian Taekwondo Association (ATA) was formed.
- 1973:** The 1st World Taekwondo Championships were held in Korea and The World Taekwondo Federation (WTF) formed, with the ATA as a founding member.
- 1980:** Taekwondo was recognised as an Olympic sport.
- 1988-96:** Taekwondo was an Olympic demonstration sport in Korea, Spain and Atlanta.
- 1995:** Taekwondo Australia formed at the Unification Games between the ATA, the ATU and the ATF. Founding president of Taekwondo Australia was Mr. Young Dai Cho, 9th Dan.
- 2000:** Taekwondo becomes an official medal Olympic sport in Sydney, Australia. Australia won two medals at these games, Lauren Burns won gold and Daniel Trenton won silver.
- 2005:** Team Taekwondo was established.



Terminology

Stances

Charyot	Attention
Juchum Seogi	Horseriding Stance
Ap Gubi	Front Stance
Dwit Gubi	Back Stance
Ap Seogi	Short Stance
Narahni Seogi	Easy Stance
Bom Seogi	Cat Stance
Ap Koa Seogi	Front Crossover Stance
Dwit Koa Seogi	Back Crossover Stance
Hakdari Seogi	Crane Leg Stance
Gyorugi Seogi	Fighting Stance

Directions

Areas of the body

Arae – Low	Jumok – Fist
An – Inside	Palmok – Wrist
Bakgat – Outside	Palgup – Elbow
Olgul – Upper (Face)	Sonnal – Knifehand
Ap – Forward	Olgul – Face (Upper)
Dwit – Back	Tok – Chin
Yop – Side	Mok – Neck
Dung – Reverse	Pyon Songut – Spearhand
Ddora – Turning	Batangson – Heel of Hand
Momtong - Body	Murup – Knee

Miscellaneous Terms

Yong-O	Terminology
Gyorugi	Sparring
Hanbon Gyorugi	One Step Sparring
Dubon Gyorugi	Two Step Sparring
Hachuo Gyorugi	Three Step Sparring
Gyokpa	Breaking
Hoshinsul	Self Defence
Jagun Dol Djogi	Small Hinge
Kun Dol Djogi	Big Hinge
Tong Milgi	Pushing a Can
Taesun Milgi	Pushing a Mountain
Bawi Milgi	Pushing a Boulder



General Terms

Sabonim	Instructor
Gwanjangnim	Head Instructor
Dojang	Place of training
Dobok	Uniform
Gup	Grading level
Chagi	Kick
Makgi	Block
Poomse	Patterns
Kyongye	Bow
Jumbi	Ready
Shijak	Start
Kuman	Finish
Shyo	Rest
Ddora	Turn
Parro	Return to start
Kihap	Vocal expression
Kalyo	Stop

Counting

One	Hana
Two	Dul
Three	Set
Four	Net
Five	Dasot
Six	Yosot
Seven	Ilgop
Eight	Yodolp
Nine	Ahop
Ten	Yol

Kicking Techniques

Ap Chagi	Front Kick
Yop Chagi	Side Kick
Dolyo Chagi	Roundhouse Kick
Mom Dolyo Chagi	Turning Kick
Huryo Chagi	Spinning Heel Kick (Turning Reverse Roundhouse Kick)
Ddio Chagi	Jumping Kick
Naeryo Chagi	Downward Kick (Axe Kick)
Bandal Chagi	Half Moon Kick
Dwit Chagi	Back Kick
Nakgo Chagi	Hook Kick (Reverse Roundhouse Kick)
Bituro Chagi	Twisting Kick
An Chagi	Inside Kick (Crescent Kick)
Bakgat Chagi	Outside Kick (Crescent Kick)
Gulio Chagi	Running Kick
Godup Chagi	Continuous Kicking
Gawi Chagi	Scissor Kick
Nurrabun	Spinning Roundhouse



Hand Techniques

Jirugi	Punch
Djirugi	Poke
Chigi	Strike
Momtong Jirugi	Body Punch
Olgul Jirugi	Face Punch
Pyon Songut Sewo Djirugi	Spearhand, Upright (Middle Spearhand)
Pyon Songut Opo Djirugi	Spearhand, Flat (Upper Spearhand)
Sonnal Mok Chigi	Knifehand Strike to Neck
Batangson Tok Chigi	Palm Heel Strike to Chin
Palgup Chigi	Elbow Strike
Bo Jumok	Covered Fist
Pyojok Chigi	Target Strike
Dankyo Tok Jirugi	Pulling Chin Punch
Du Jumok Jaechyo Jirugi	Two Handed Inverted Waist Punch
Dung Jumok Chigi	Back Fist Strike
Me Jumok Chigi	Hammerfist Strike
Sonnal Backgat Chigi	Knifehand Outward Strike
Jebi Pum Mok Chigi	Swallow Strike to Neck
Kahl Jaebi	Knife Grip

Blocking Techniques

Arae Makgi	Low Block
Momtong Makgi	Body Block
Bakgat Makgi	Outside Block
An Palmok Bakgat Makgi	Inside Wrist, Outside Block
Olgul Makgi	Face Block
Sonnal Momtong Makgi	Knifehand Body Block
Sonnal Arae Makgi	Knifehand Low Block
Hechyo Makgi	Cleaving Block
Guduro Makgi	Assisted Block
Otgoro Makgi	Crossed Wrist Block
Yop Makgi	Side Block
Nullo Makgi	Pushing Down Block
Han Sonnal Makgi	Single Knifehand Block
Gawi Makgi	Scissor Block
Bituro Makgi	Twisted Block

Advanced Blocking Techniques

Keumgang Makgi	Combination of Olgul Makgi and Arae Yop Makgi
Keumgang Momtong Makgi	Combination of Olgul Makgi and An Polmok Momtong Bakgat Makgi
Santul Makgi	Ogul makgi and An Palmok Olgul Makgi at the same time
Wei Santul Makgi	Combination of An Palmok Bakgat Yop Makgi and Arae Yop Makgi



TERMINOLOGY QUESTIONS

White grading to Yellow

- Q.** Why do we bow? **A.** To show respect
Q. What do you call your uniform? **A.** Dobok
Q. What is your place of training called? **A.** Dojang
Q. What is the Korean name given to an instructor? **A.** Sabonim
Q. Why do we learn Korean terminology? **A.** TKD comes from Korea

Yellow grading to Yellow 2

- Q.** Meaning of Il Jang? **A.** Symbolises heaven and the basic actions of Taekwondo.
Q. Why do we Kihap? **A.** For focus, confidence, correct breathing.

Yellow 2 grading to Yellow 3

- Q.** Meaning of E Jang? **A.** Symbolises internal strength and external gentleness.
Q. What does the word TAE-KWON-DO mean? **A.** The art of hand and foot fighting.
Q. Count to ten in Korean. **A.** Hana, Dul, Set, Net, Dasot, Yosot, Ilgop, Yodolp, Ahop, Yol

Yellow 3 grading to Blue

- Q.** Meaning of Sam Jang? **A.** Symbolises fire, meaning development of training attitude.

Blue grading to Blue 2

- Q.** Meaning of Sa Jang? **A.** Symbolises thunder, meaning great power and dignity.

Blue 2 grading to Blue 3

- Q.** Meaning of O Jang? **A.** Symbolises wind, meaning both mighty force and calmness.

Blue 3 grading to Red

- Q.** Meaning of Yuk Jang? **A.** Symbolises water, meaning constant flow and flexibility.

Red grading to Red 2

- Q.** Meaning of Chil Jang? **A.** Symbolises a mountain, meaning the spirit of firmness and strength.

Red 2 grading to Red 3

- Q.** Meaning of Pal Jang? **A.** Symbolises earth, meaning the beginning and the end.

Red 3 grading to Cho Dan Bo

- Q.** Meaning of Taeguk
A. Taeguk translates as “the great absolute”. The blue and red yin and yang symbol represents the balance and harmony between all life forces. The character for Taeguk means “a king”.



Punching and kicking mitt routines

Punching No.1

(jab) x5

Punching No.2

(jab, cross) x5

Punching No.3

(jab, cross, hook) x5

Kicking No.1

(roundhouse, roundhouse) x10

Kicking No.2

(roundhouse, roundhouse, back kick) x6

Kicking No.3

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

Kicking No.4

(roundhouse, roundhouse, spinning reverse roundhouse) x6

Kicking No.5

(continuous roundhouse) x10

Kicking No.6

(roundhouse-roundhouse-same leg, spinning reverse roundhouse) x6



Grading exercises

Push ups, Squat kicks, Sit ups.

To be completed as part of your grading.

	Push Ups	Squat Kicks	Sit Ups
Yellow Belt 1, 2 & 3	5	10	15
Blue Belt 1, 2 & 3	10	15	20
Red Belt	15	20	25
Cho Dan Bo +	30	40	50



Push up start:
Arms must push past 90 degree angle



Push up finish:
Nose within 3cm from floor
*Juniors & ladies can push up from knee to floor starting position.



Squat kicks start:
Legs must squat to at least 90 degrees



Squat kicks finish:
Kick must be at least waist height



Sit up start:
Hands pointing forward



Sit up finish:
Hands must extend past knees



Grading Requirements White grading to Yellow (9th Gup)

Verbal General Knowledge/Terminology (Yong-o)

Why do we bow?

What do you call your uniform?

What is your place of training called?

What is the Korean name given to an instructor?

Why do we learn Korean Terminology?

Stances

Attention stance

Horseriding stance with body punches

Fighting stance with:

Diamond step/Inching forward and back/Switching
(as called by instructor)

Kicking

Front kick / Roundhouse kick

Patterns (Poomse)

Basic pattern (Kibon)

Punching/Kicking mitt routines

Punching No.1 (Left jab x 10)

Self Defence (Hoshinsul)

Demonstrate 2x basic hand grip techniques



Grading Requirements

Yellow grading to Yellow 2 (8th Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk Il Jang?

Why do we Kihap?

Kicking

Side kick / Back kick / Axe kick

Patterns (Poomse)

Basic pattern & Taeguk Il Jang

Punching/Kicking mitt routines

Punching No.2 (Left jab and right cross)

Self Defence (Hoshinsul)

Attacker: Right hand to left shoulder

Defender: Apply basic hand grip techniques with follow through

Attacker: Right hand to right shoulder

Defender: Apply basic hand grip techniques with follow through

Sparring (Gyorugi)

No contact



Grading Requirements Yellow 2 grading to Yellow 3 (7th Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk E Jang

What does the word TAE – KWON – DO mean?

Count to ten in Korean

Kicking

Advancing combinations:

Front kick, roundhouse kick, side kick.

Repeat to the face

Patterns (Poomse)

Taeguk Il Jang & Taeguk E Jang

Punching/Kicking mitt routines

Punching No.3 (Left jab, right cross, left hook)

Self Defence (Hoshinsul)

Attacker: Right hand to left wrist

Defender: Escape

Attacker: Right hand to right wrist

Defender: Escape

Attacker: Both hands to right wrist

Defender: Escape

Demonstrate forward break falls from kneeling position

Sparring (Gyorugi)

No contact



Grading Requirements Yellow 3 grading to Blue (6th Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk Sam Jang?

Kicking

Running front kick / Running axe kick / Running roundhouse kick / Running side kick

Patterns (Poomse)

Taeguk E Jang & Taeguk Sam Jang

Punching/Kicking mitt routines

Punching No.3 +

Kicking No.1 (Right roundhouse, Left roundhouse)

Self Defence (Hoshinsul)

Escape hair grabs from front and behind

Escape choke holds from front and behind

Sparring (Gyorugi)

No contact



Grading Requirements Blue grading to Blue 2 (5th Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk Sa Jang?

Kicking

Double kicks (knee, body – same leg):

Front kick / Roundhouse kick / Side kick

Front foot kicks to head moving backwards:

Front kick / Roundhouse kick / Side kick / Axe kick

Patterns (Poomse)

Taeguk Sam & Taeguk Sa Jang

Punching/Kicking mitt routines

Punching No.3 + Kicking No.1

+ Kicking No.2 (Roundhouse, roundhouse, back kick)

Self Defence (Hoshinsul)

Escape from Bear hugs:

Over from behind / Under from behind / Over from front / Under from front

Sparring (Gyorugi)

No contact



Grading Requirements Blue 2 grading to Blue 3 (4th Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk O Jang?

Kicking

Outside crescent kick, jumping turning crescent kick.

Roundhouse kick, jumping turning roundhouse kick.

Jumping turning back kick (stationary)

Patterns (Poomse)

Taeguk Sa & Taeguk O Jang

Punching/Kicking mitt routines

Punching No.3 + Kicking No.1 + Kicking No.2
+ Kicking No.3 (Roundhouse-body, body, head, head)

One step sparring (Hanbon Gyorugi)

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

Defender: Avoid or block with contact, counter x1 without contact (Self made)

Self Defence (Hoshinsul)

Escape from:

Headlock / Full Nelson / Hand behind back

Demonstrate forward Break Falls from standing position

Sparring (Gyorugi)

No contact



Grading Requirements Blue 3 grading to Red (3rd Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk Yuk Jang?

Kicking

Roundhouse, spinning roundhouse, spin hook.

Reverse roundhouse, roundhouse (same leg, one action, to head)

Patterns (Poomse)

Taeguk O & Taeguk Yuk Jang

Punching/Kicking mitt routines

Punching No.3 + Kicking No.1, No.2, No.3

+ Kicking No.4 (Roundhouse, Roundhouse, Spinning reverse roundhouse)

One step sparring (Hanbon Gyorugi)

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

Defender: Avoid or block with contact, counter x2 without contact (Self made)

Self Defence (Hoshinsul)

Ground Techniques

Leg take downs from ground x3

Sparring (Gyorugi)

Full contact with protective gear

Board Breaking (Gyokpa)

Axe kick



Grading Requirements Red grading to Red 2 (2nd Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk Chil Jang?

Kicking

Advancing jumping turning Side kick.

Advancing jumping turning Back kick.

Advancing jumping turning Spin hook.

Patterns (Poomse)

Taeguk Yuk Jang & Taeguk Chil Jang

Punching/Kicking mitt routines

Punching No.3 + Kicking No.1, No.2, No.3, No.4

+ Kicking No.5 (Continuous roundhouse kicking)

One step sparring (Hanbon Gyorugi)

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

Defender: Avoid or block with contact, counter x3 without contact (Self made)

Self Defence (Hoshinsul)

Attacker: Stomping to the head

Attacker: On top from front, pinning arms down.

Attacker: On top from behind, pinning arms down.

Sparing (Gyorugi)

Full contact with protective gear

Board Breaking (Gyokpa)

Running axe



Grading Requirements

Red 2 grading to Red 3 (1st Gup)

Verbal General Knowledge/Terminology (Yong-o)

Meaning of Taeguk Pal Jang?

Kicking

Roundhouse, spinning roundhouse x3, spin hook

Crescent, spinning crescent x3, spin hook

Patterns (Poomse)

Taeguk Chil Jang & Taeguk 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 x4 without contact (Self made)

Self Defence (Hoshinsul)

Defend from sitting in chair position against a face punch (x3 techniques)

Defend from sitting in chair position against a roundhouse kick

Sparing (Gyorugi)

Full contact with protective gear

Board Breaking (Gyokpa)

Spin hook



For Black Belt grading requirements, including Red 3 to Cho Dan Bo, please download all the relevant forms from the website.

Preparing for your black belt grading.

Achieving your black belt, or furthering your Dan status, is a major life achievement. To be honest, a large percentage of people who start a martial art never achieve this. You would have already noticed how many of your friends have dropped out so far along the way.

You, on the other hand, have made it this far and deserve to be congratulated! I'm sure that the determination, consistency and strong work ethic you have displayed so far, along with the tremendous support you have received from your family, will help you continue through to the next level.

Preparing for a black belt grading differs from preparing for a coloured belt grading, so I have put together a set of guidelines to help you achieve your goal. Please consider that a typical black belt grading will go for around three hours, within which, amongst other things, you will need to perform **all** of your patterns so far including your black belt pattern (step by step in Korean), develop a free flowing self defence scenario with a partner, and you will need to complete 11 continuous rounds of contact sparring.

Needless to say, a black belt grading is an extremely physically and mentally demanding event and you will need to be well prepared on both counts.

Please bear in mind that these are general guidelines and don't take into account the individual's current fitness level, skill level, or the rate at which they learn. Some individuals will have to do more than is stated, and some will need to do less to achieve the same goal within the allotted timeframe - and there is no obligation to achieve the goal within this timeframe.

The only consistent benchmark for everybody is that of the standard needed at **"one month out"**.

Six months out: (guideline)

Attend training at least twice a week.

Occasionally attend a sparring and poomse class.

Begin learning your black belt pattern step by step in Korean.

Start to memorise the meaning of Taeguk, all Taeguk poomse, black belt poomse and the taekwondo history.

Three months out: (guideline)

Attend your own training twice a week

Plus

Attend sparring at least once a week.

Attend poomse class.

Attend "own grading practice" occasionally with your chosen grading partner for "self made free flowing self defence".

Continue with the theory and give thought to the content of your essay.

One month out: (compulsory)

A black belt grading "selection" will be held to determine whether you will be ready for the grading.

This also includes your Taekwondo history and terminology, and your black belt essay. Your performance will need to be at least 80% of what will be required for grading.

To attend you must have already completed 15 sparring session within the previous 4 months and passed the beep test.

Please bear in mind, if you miss this one, the next one is only 3 months away.