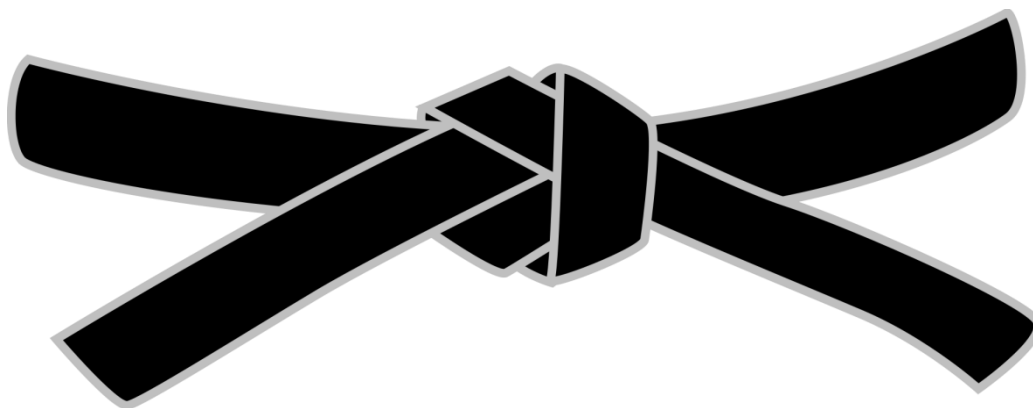




Taekwondo



Black belt manual (Yudanja)

www.tans.com.au

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Version 2016



Syllabus

(same for all belts)

	Description	Score
Target Kicking	<ul style="list-style-type: none"> - Jumping Front kick - Spinning kick - Flying side kick - Back kick - Jumping Turn kick 	10%
Pattern	Refer to Summary Sheet	30%
Breaking	Refer to Summary Sheet	10%
Terminology	<ul style="list-style-type: none"> - Terminology sheets - Terminology from Pumsei - Taekwondo history 	10%
One Step Sparring	<ul style="list-style-type: none"> - Against Body Punch X 2 - Against Face Punch X 2 - Against Front Kick X 1 - Against Side Kick X 1 - Against Roundhouse X 1 	15%
Self Defence	<ul style="list-style-type: none"> - 5 x Random holds - 3 x Knife defence - 3 x Short stick 	15%
Sparring	3 Round x 1 minute.	5%
Bonus	Correct paperwork & attire	5%

Grading Summary

	Taeguk	Palgwe	Up to	Breaking
Bo Dan	1 - 8	1	Koryo 1	Flying side
1 st Dan	1 - 8	2	Koryo 2	Flying side
2 nd Dan bo	1 - 8	3	Keumgang	3 Corner
2 nd Dan	1 - 8	4	Taeback	3 Corner
3 rd Dan bo	1 - 8	5	Pyoungwon	3 Corner
3 rd Dan	1 - 8	6	Pyoungwon	3 Corner
4 th Dan bo	1 - 8	7	Shipjin	4 Corner
4 th Dan	1 - 8	1 - 8	Shipjin	4 Corner
5 th Dan	1 - 8	1 - 8	Jitae	4 Corner
6 th Dan	1 - 8	1 - 8	Chonkwon	4 Corner
7 th Dan	1 - 8	1 - 8	Hansu	4 Corner
8 th Dan	1 - 8	1 - 8	Ilyo	4 Corner

- No hand breaks for juniors or females.

Dan	Min Time	Min Age
2 nd	1 yr	16
3 rd	2 yrs	18
4 th	3 yrs	21
5 th	4 yrs	25

Dan	Min Time	Min Age
6 th	5yrs	30
7 th	6yrs	36
8 th	8yrs	44
9 th	9yrs	53

Terminology - Extra Red Belt section

SHYOREST
BOM SOGICAT STANCE
SONNAL CHIGI.....KNIFE HAND STRIKE
SONGUT DJIRUGI.....SPEAR HAND STRIKE

SHIJAK...START
DORATURN
MOA SOGIFEET TOGETHER
NARANHI SOGIPARALLEL STANCE
DJIRUGIPOKE
YOP JIRUGISIDE PUNCH
ME JUMOKHAMMER FIST
OTGORO MAKGICROSSED WRIST BLOCK
HAN SONNAL MAKGI.... SINGLE KNIFE HAND
AN CHAGIINSIDE KICK
BAKGAT CHAGIOUTSIDE KICK

MURUP CHIGIKNEE STRIKE
HOSHINSULSELF-DEFENCE
GYORUGI.....SPARRING
ORUN SOGIRIGHT STANCE
WEN SOGILEFT STANCE
BARO JIRUGIREGULAR PUNCH
BANDAE JIRUGIIRREGULAR PUNCH
HECHYO MAKGICLEAVING BLOCK
NULLO MAKGIPUSHING DOWN BLK
NULLO CHAGIDOWNWARD KICK
MIRO CHAGIPUSHING KICK

Terminology – Cho Dan Bo

General

HANBON GYORUGI ONE STEP SPARRING
GYOKPA..... BREAKING

Stances

GOA SOGI CROSSING STANCE
PYONHI SOGI EASY STANCE

Strikes

PYON JU MOK KNUCKLE STRIKE
SONNAL DUNG RIDGE HAND
PALGUB PYOJOK CHIGI..... ELBOW to TARGET
PYOJOK CHIGI TARGET STRIKE
JEBI PUM MOK CHIGI SWALLOW KNIFEHAND

Blocks

GAWI MAKGI SCISSORS BLOCK
GODURO MAKGI TWO HANDED BLOCK

Kicks

BANDAL CHAGI HALF MOON (45°) KICK
HURYO CHAGI SPINNING KICK
DDIO CHAGI JUMPING KICK

Questions

- What does Taekwondo mean.
- Where did Taekwondo originate from.
- Who was the founder of Tans Taekwondo.
- What KWAN does our club originate from.
- When and where was our club started.
- Difference between Sport and Martial Arts.
- Who won Olympic medals for Australia in Taekwondo.
- Explain the Australian Flag.

Terminology – 1st Dan Black Belt

General

YUDANJA	BLACK BELT
KUKKIWON	WORLD TAEKWONDO HQ
HWE JANG NIM	PRESIDENT

Strikes

KAL JAEBI	“Y” HAND GRIP
DANGYO TOK JIRUGI	PULLING CHIN PUNCH
JAECHYO JIRUGI	INVERTED PUNCH
TONG MILGI	PUSHING A LOG
SEWEO JIREUGI	UPRIGHT PUNCH

Blocks

BITUREO MAKKI.....	TWIST BLOCK
WESANTEUL MAKKI	½ MOUNTAIN BLOCK

Kicks

BALDEUNG CHAGI.....	INSTEP KICK
APCHA OLRIGI	LEG UP
GULLO CHAGI	RUNNING KICK
GODUP CHAGI	CONTINUOUS KICK

Questions

- What does Koryo mean.
- What is the difference between Poom and Dan
- What is the function of the Kukkiwon
- What is the function of the WTF
- How many weight classes are there at the Olympics
- What is the minimum time limit between dans.
- Explain the meaning behind the Korean Flag
- Name Tans instructors and which branch they teach at.

Yudanja Poomse Terminology

For full Dan gradings, students must be able to perform their highest Poomse and recite the move in Korean. For simplicit purposes we only ask the hand techniques. Below is a summary of the main / new moves in each Poomse.

The following is not design to teach the Poomse. Poomse must be learnt from your instructor in class. If you are unsure of the pronouncation, please check with your instructor.

Koryo I Poomse (Summary)

The first Koryo, which was created by Song Moo Kwan GM LEE Yong Sup, was released in 1967 along with the other yudanja poomse and also the palgwae poomse. However, it was considered a little too simplistic, and so when the committee got back together again in 1972 to create the taeguek poomse, they replaced Koryo I with the present Koryo.

Step Movement		Technique
Double Knifehand		Sonnal Momtong Makki
Knuckle strike		Pyon Jumok
Lower Cross Block		Otgoro Arae Makki
Knee Strike		Murup Chigi
Cleaving Block		Hechyo Makki
Elbow to target		Palgup Pyojeok Chigi
Single Knifehand body block		Hansonnal Bakkat Makki
Inner wrist body block		An Palmokl Bakkat Makki
Knifehand Twist block		HanSonnal Bituro Makki
Jump Front Kick		Ttwieo Ap chagi
Double Punch		Dubon Jurgi

Koryo II Poomse (Summary)

Pushing a log		Tong Milgi
Double Knifehand		Sonnal Momtong Makki
Double side kick		Godup Yop Chagi
Reverse knife hand		Hansonnal Bakkat Chigi
Reverse Punch		Baro Jireugi
Body block		Momtong Makki
Lower knifehand block		Hansonnal Arae Makki
Y - hand strike		Kal Jaebi
Front kick		Ap Chagi
Scoop up ankle & strike knee		Murup Gokgi
Spreading block		Momtong Hechomakki
Knifehand outside block		Hansonnal Momtong Makki
Punch to target		Jumeok Pyojeok Jireugi
Cross stance then Side kick		Yop Chagi
Inverted spear hand		Songut Jaechyo Djirugi
Lower block		Arae Makki
Palm down block		Nulllo Makki
Side elbow strike		Palgup Yop Chigi
Hammer Fist to target		Mejumeok Pyojeokchigi
Reverse knifehand		Hansonnal Bakkat Chigi
Lower knifehand block		Hansonnal Arae Makki
Knifehand strike		Sonnal mok Chigi

Kumgang Poomse (Summary)

Cleaving block		Hechyo Makki
Palm stike to Chin		Batangson Tok Chigi
Single knife hand block		Han Sonnal Momtong Makki
Upper & lower block		Gumgang Makki
Side Punch		Dol Djogi
Mountain Block		Santul Makki
Inner Cleaving block		Hechyo Makki
Lower Cleaving block		Hechyo Makki

Taebaek Poomse (Summary)

Knifehand Lower Cleaving block		Sonnal Area Hechyo Makki
Front Kick		Ap Chagi
double punch		Dubon Jurgi
Swallow knifehand		Jebi Poom mok chigi
Regular punch		Baro Jirugi
Upper & middle block		Gumgang Makki
Pulling Chin Punch		Dangyo Tok Jirugi
Side Punch		Yop Jirugi
Side Kick & hammer fist		Mejumeok batta Chigi
Elbow to target		Palgup Pyojeok Chigi
Double Knifehand block		Sonnal Montong Makki
Assisting Spearhand		Nullomakki, Sonkuet Dirugi
Outward back fist to Face		Olgul Bakkat Chgi
Punch		Montong Jirugi
Scissor Block		Gawi Makki
Front Kick		Ap Chagi
double punch		Dubon Jurgi

Pyonwon Poomse (Summary)

Hands overlap if front		Gyop Son
Pushing a log		Tong Milgi
Single Low Knife Block		Han Sonnal Arae Makki
Single Middle Knife Block		Han Sonnal Mommtong Makki
Elbow strike to the chin		Palgub Ollyo Tok Chigi
Turning Side Kick		Mom Dolyo Yop Chagi
Single Side Block		Olgul Goduro Yop Makki
Back Fist to Chin		Dung Jumok Danggyo Tok Chigi
Crossed Leg Stance		Goa Sogi
Double Elbow Strike		Mong –e Chigi
Mountain Block		Hechyo Santul Makki
Crane Stance		Hakdari Sogi
Face and lower Blocks		Gumgang Makki
Small hinge		Jagun Dol Djogi

Ship Jin Poomse (Summary)

Bull Block		Hwangso Makki
Minor Body Block with palm of forearm		Sonbadak Momtong Goduro Bakgat Makki
Spear Hand to stomach		Pyon Songut Opo Djirugi
Double elbow strike		Mong-e Chigi
Mountain Block		Hechyo Santul Makki
Pushing Rock		Bawi Milgi
Upwards block		Kklye Olligi
Knifehand Cross block		Sonnal Otkoreo area Makki
Reverse Knife Body Block		Sonnal Dung Momtong Hechyo Makki
Double Body Punch		Chetdari Jirugi

Jitae Poomse (Summary)

Side Minor Body Block		Momtong Yop Makgi
Single Knife Hand Face Block		Han Sonnal Olgul Makgi
Bull Block		Hwangso Makgi
Hammer Fist to open hand		Me Jumok Pyojok Chigi
Upper block and punch		Gumgang Op Jirugi
Assisting body block		Godureo Montong Makki
Crane Stance		Hakdari Sogi
Small hinge		Jagun Dol Djogi

Chonkwon Poomse (Summary)

Hands Overlap if front		Gyop Son
Arms Straight with palms up		Nalgae Pyogi
Second knuckle inverted punch		Bam Jumok Sosum Jirugi
Twisting Single Knife Block		Han Sonnal Bituro Makki
Double Body Block		An Palmok Momtong Goduro Bakgat Makki
Short sliding step		Jajeun Bal
Face Block & Side Body Punch		Gumgang Yop Jirugi
Jump Kick to open hand		Tweo Pyojok Chagi
Knife Hand 1/2 Mountain block		Sonnal Wei Santul Makgi
Double Open Hand Pushing Block		Taesang Milgi

Hansu Poomse (Summary)

Hands Overlap if front		Gyop Son
Inverted knifehand cleaving block		sonnaldeung momtong hechyeo makki
Double hammer-fist to ribs		du mejumeok kuri chigi
Knife hand 1/2 mountain block		Sonnal Wei santeul makki
Assisting Y hand grip		Godureo kaljebi
Double inverted punch		jechyeo jireugi
Low inner-forearm target block		Arae pyojeok makki
Target kick		pyojeok chagi

Ilyo Poomse (Summary)

Left wrapped up fist		Bo jumeok
Knee back Crane stance		Ogeum Hakdari Sogi
Assisting spearhand		Godureo pyeonsonkkeut sewo jjireugi
Upper cross block		eotgeoreo eolgul makgi
Open hands twist and pull		dusoneul pyeoseo biteureo jabadangkigi
Both hands on the waist		dujumeok heori
Jumping side kick		ttwiewo yeopchagi

KORYO 1

READY



C

A

B



side view



front



side view



side view



front

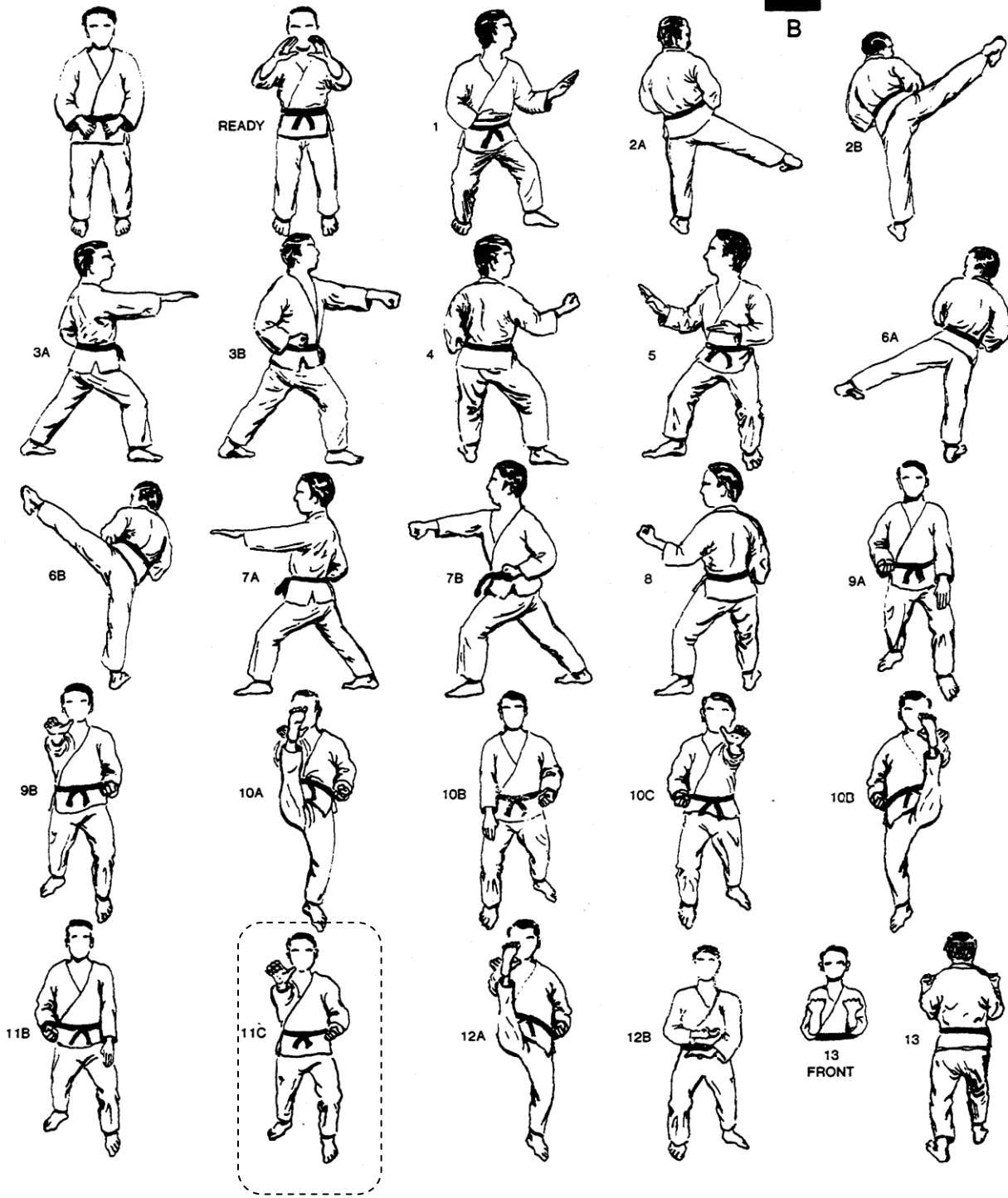
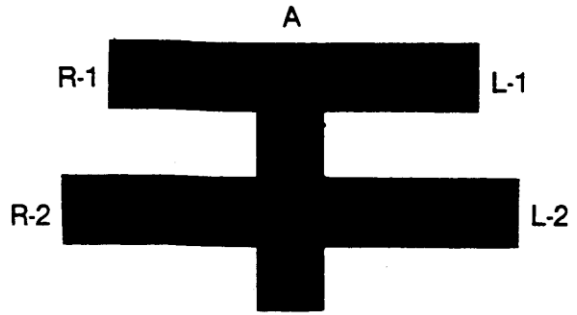


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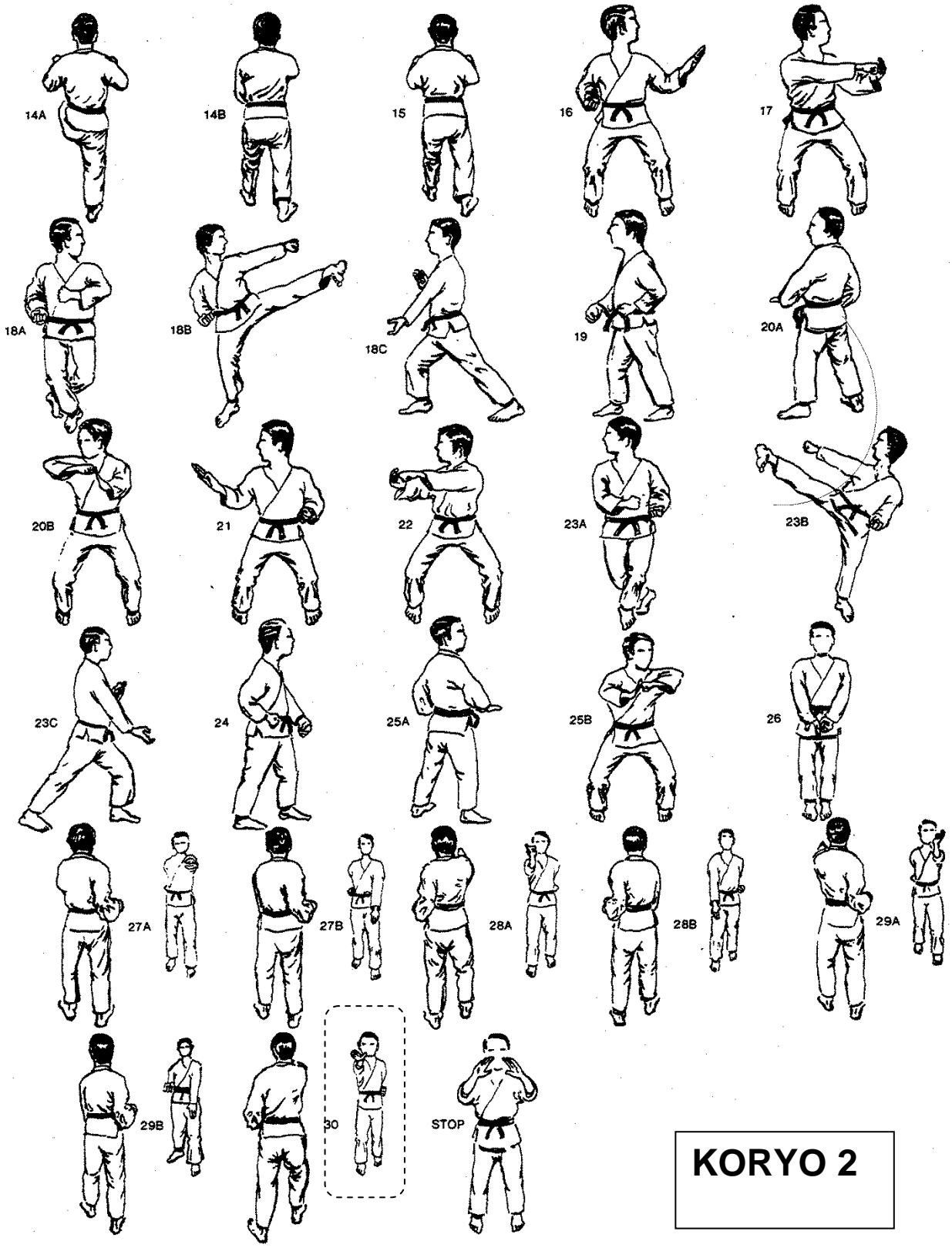


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KORYO 2



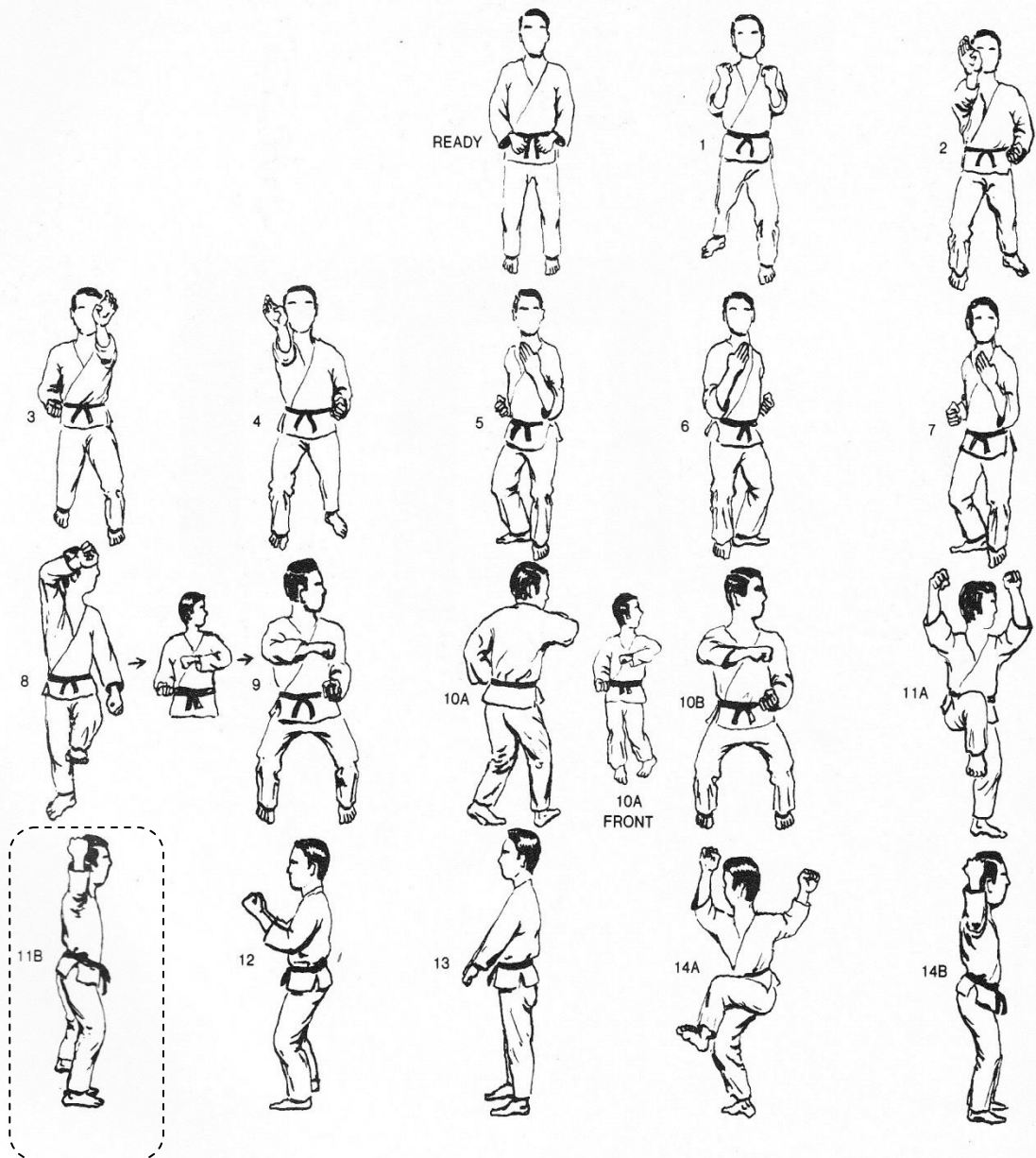
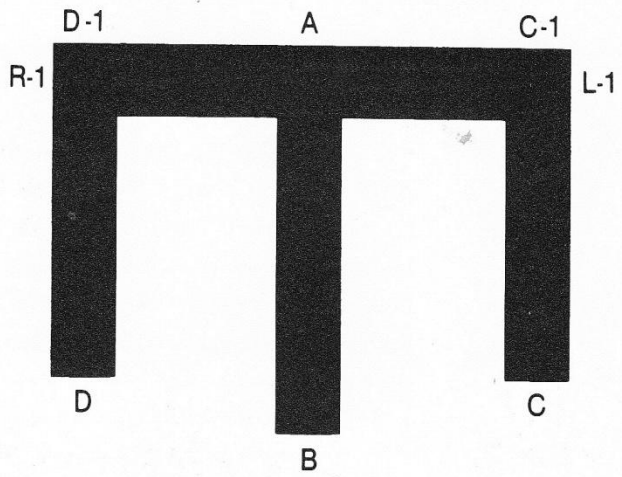
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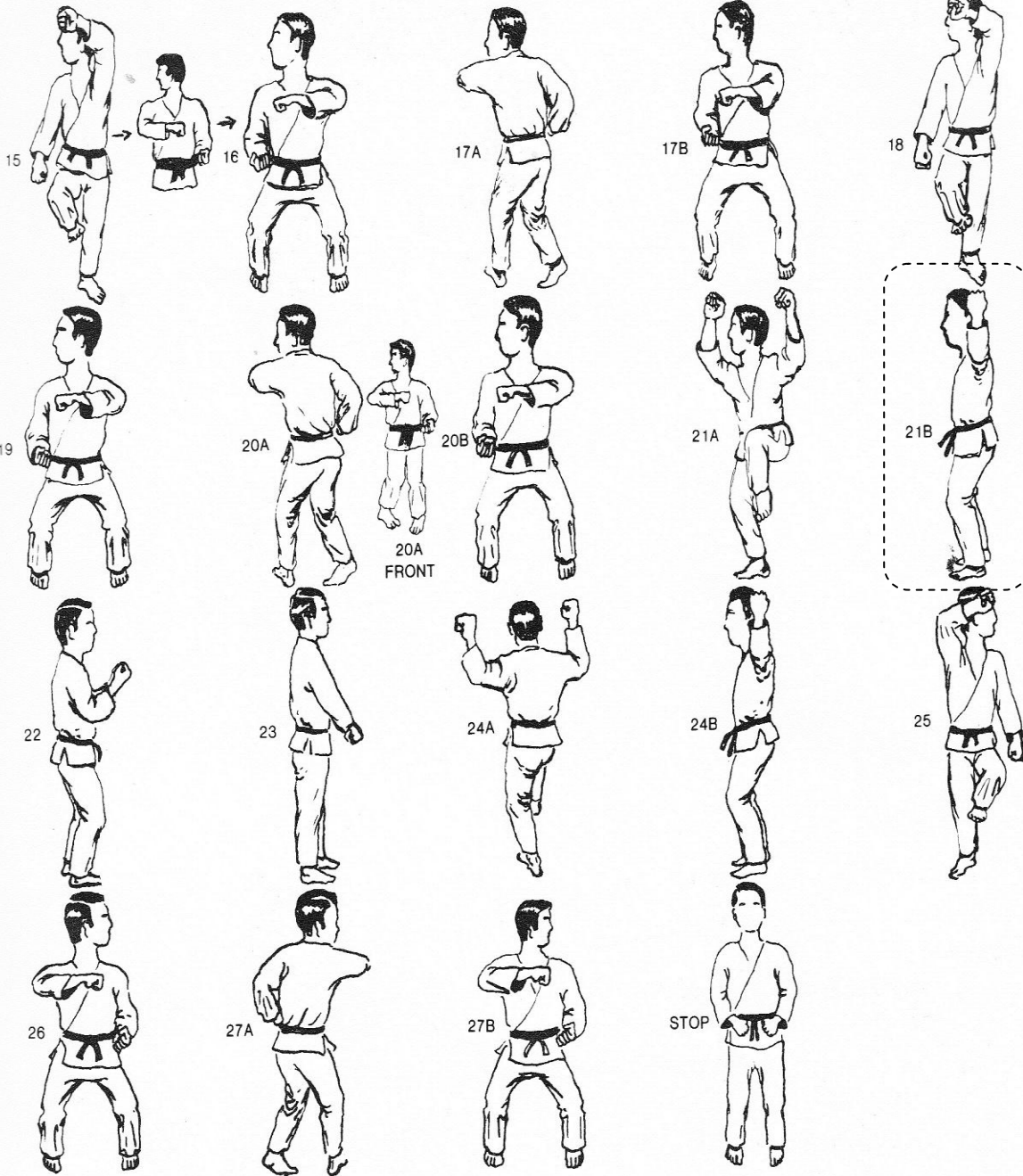
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GUMGANG



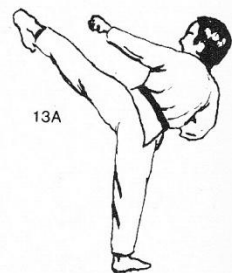
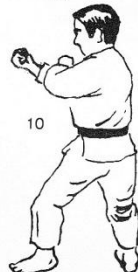
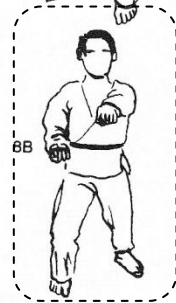
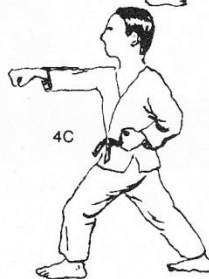
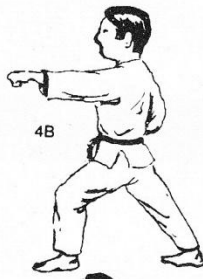
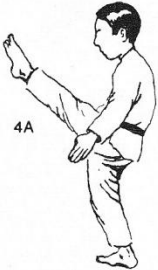
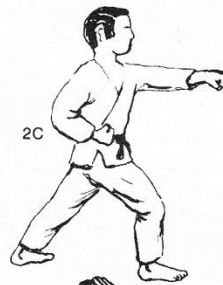
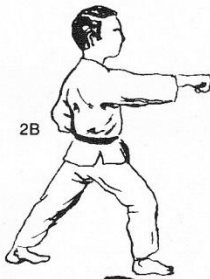
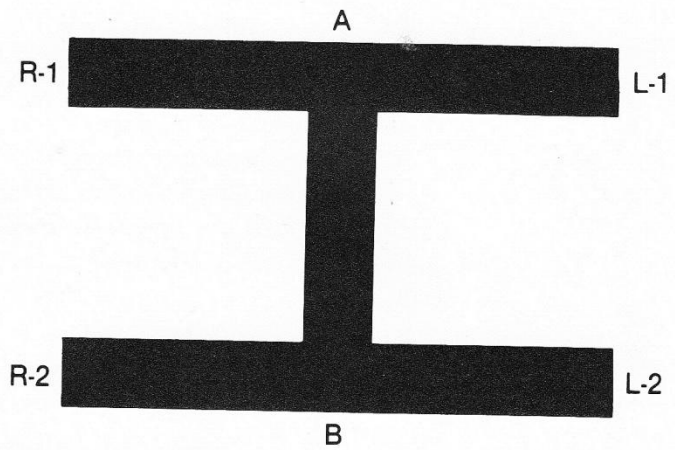
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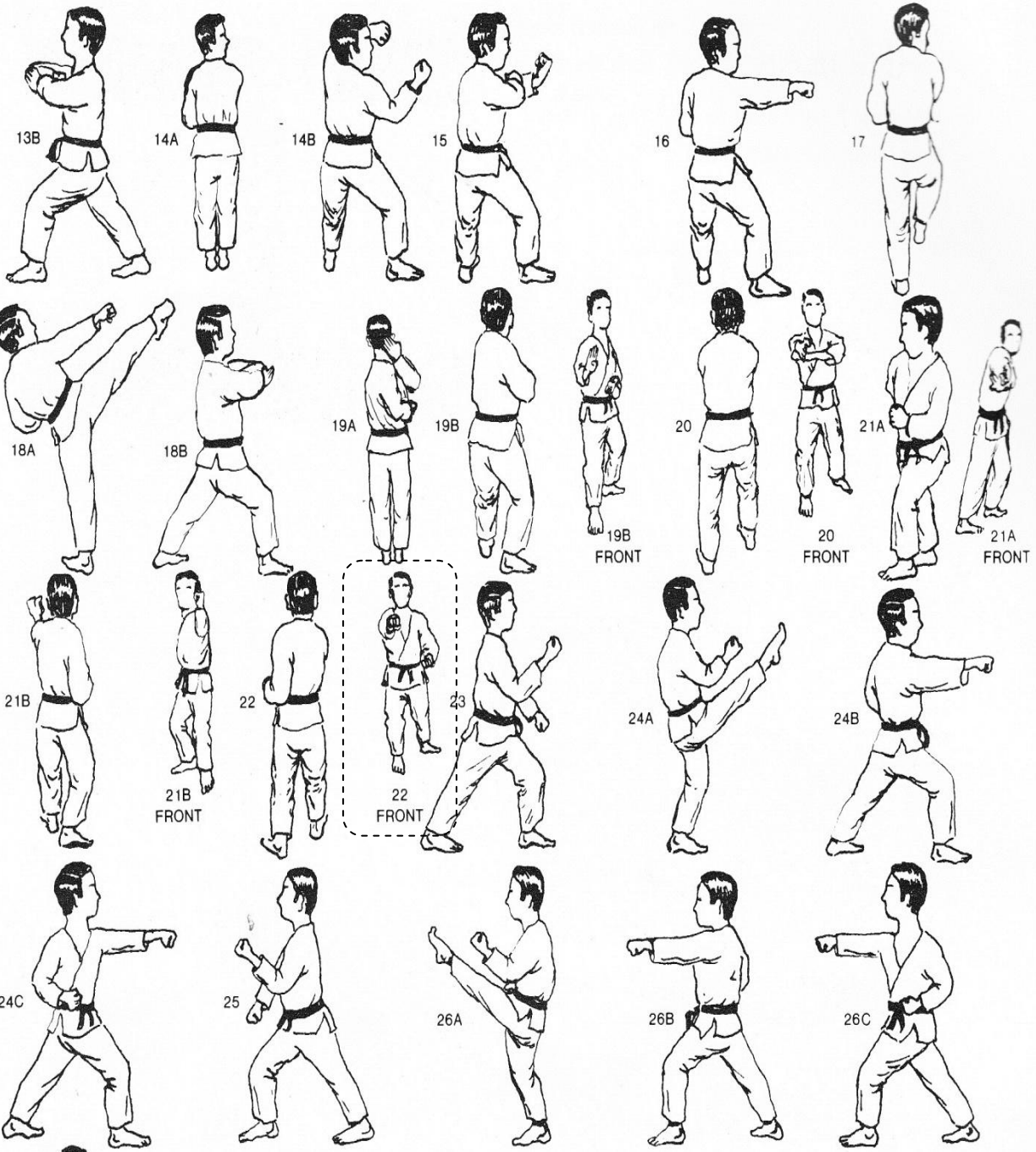
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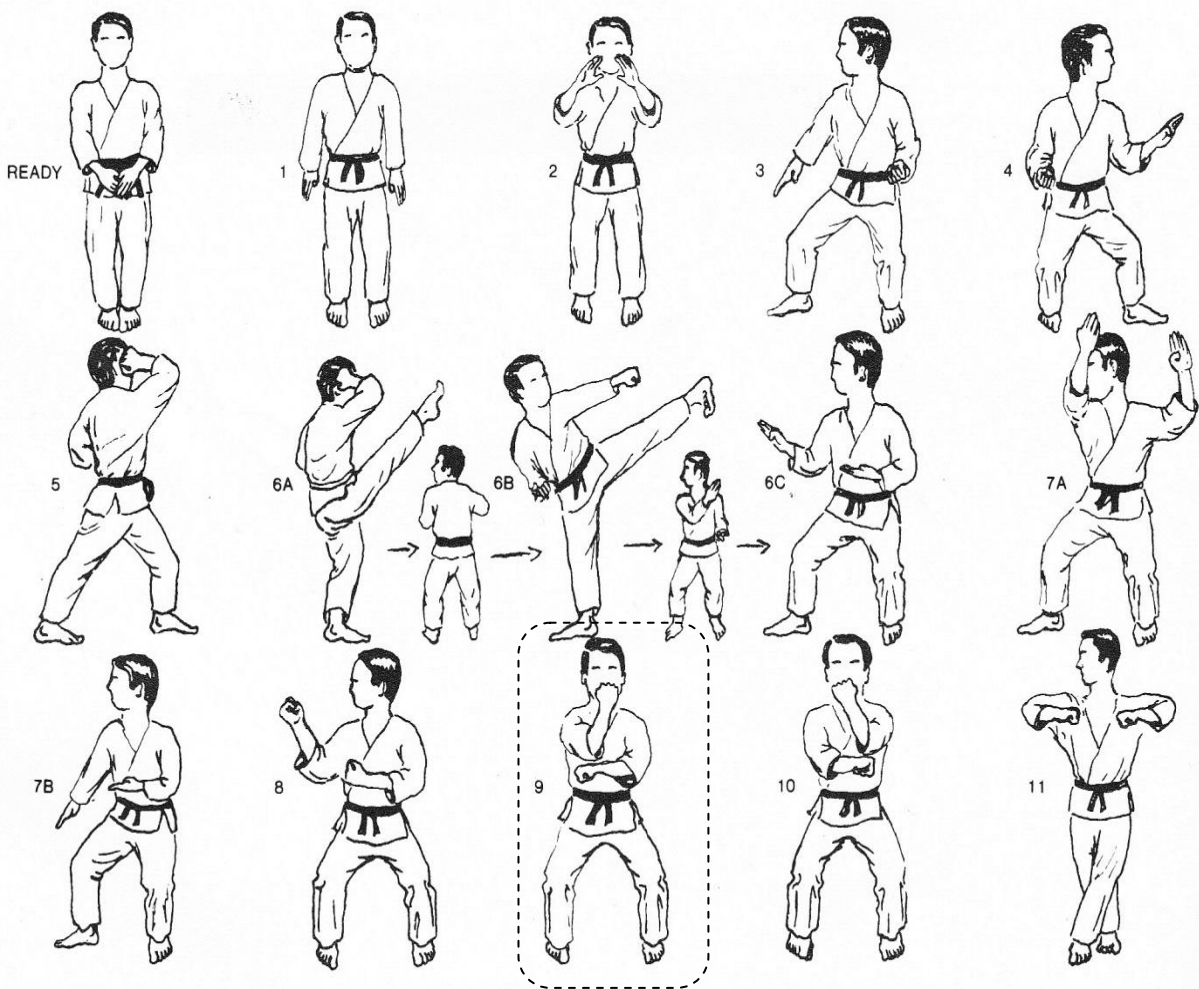
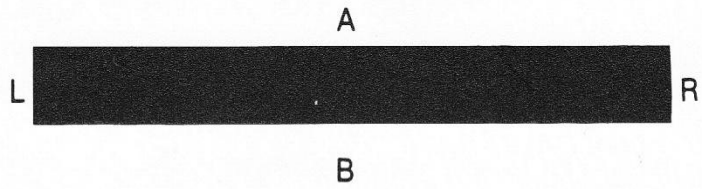
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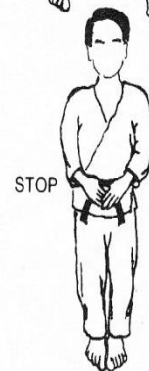
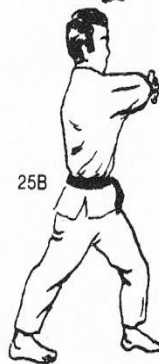
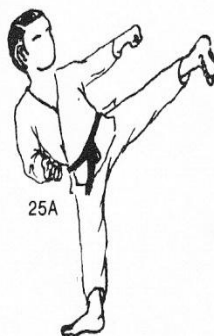
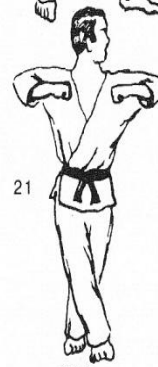
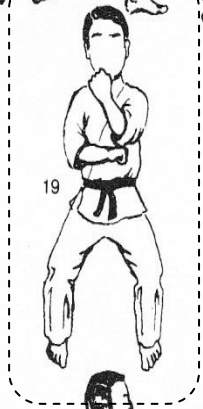
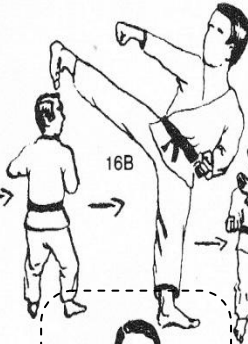
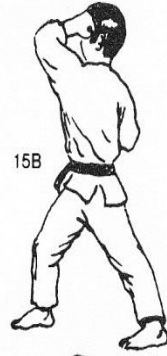
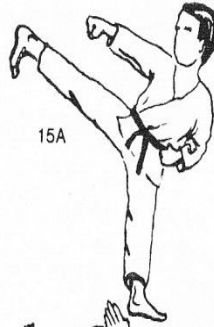
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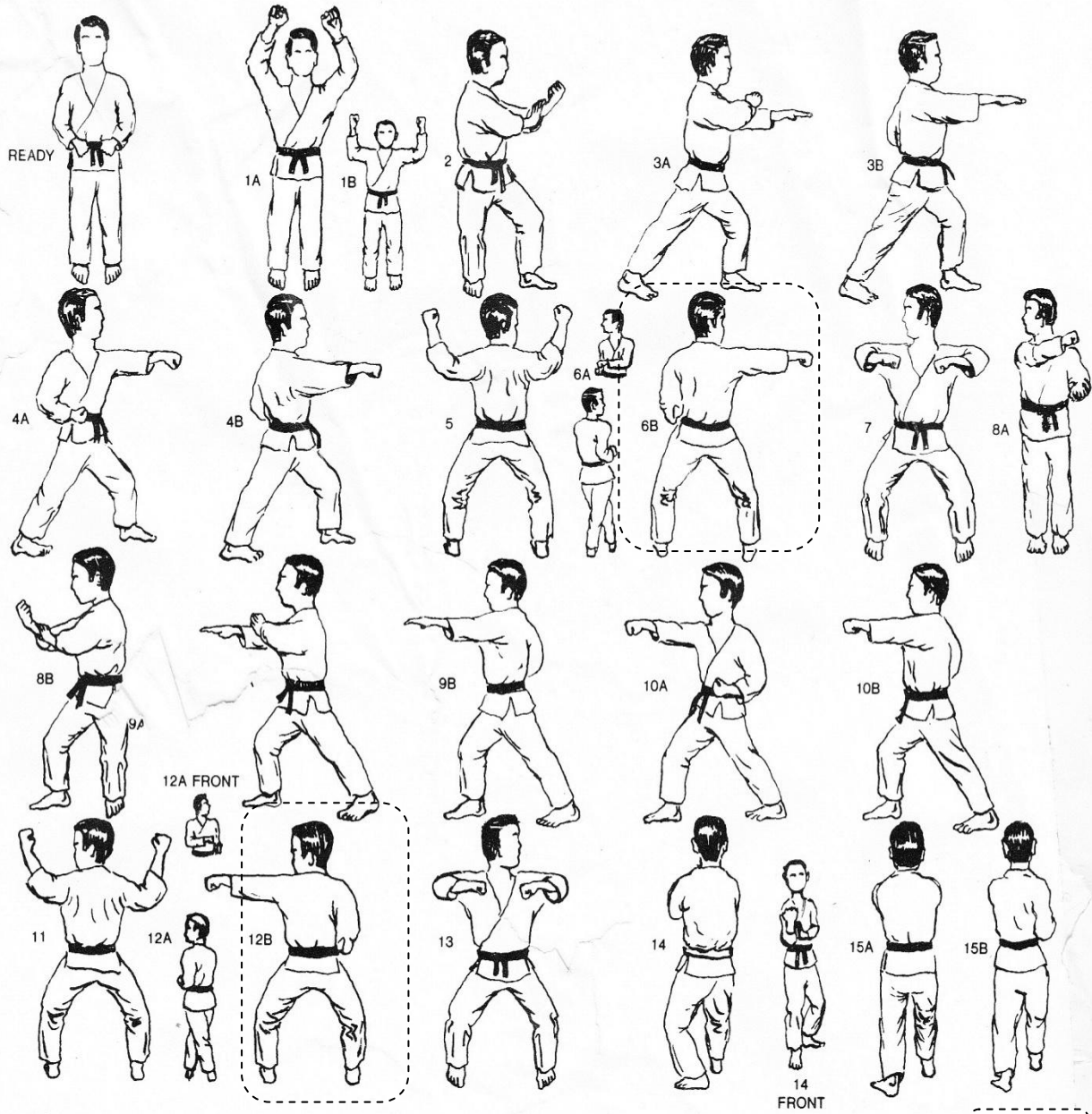
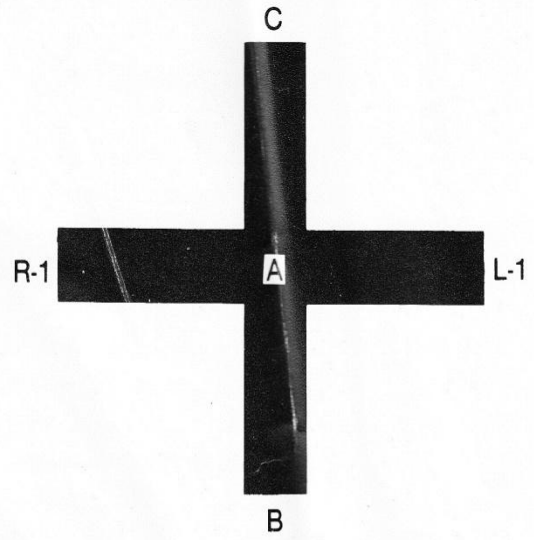
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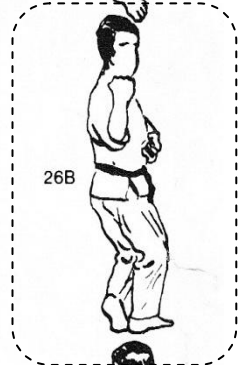
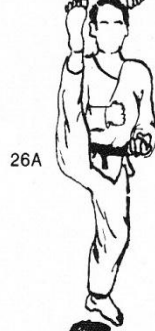
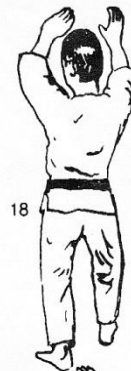
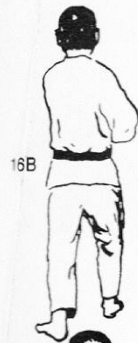
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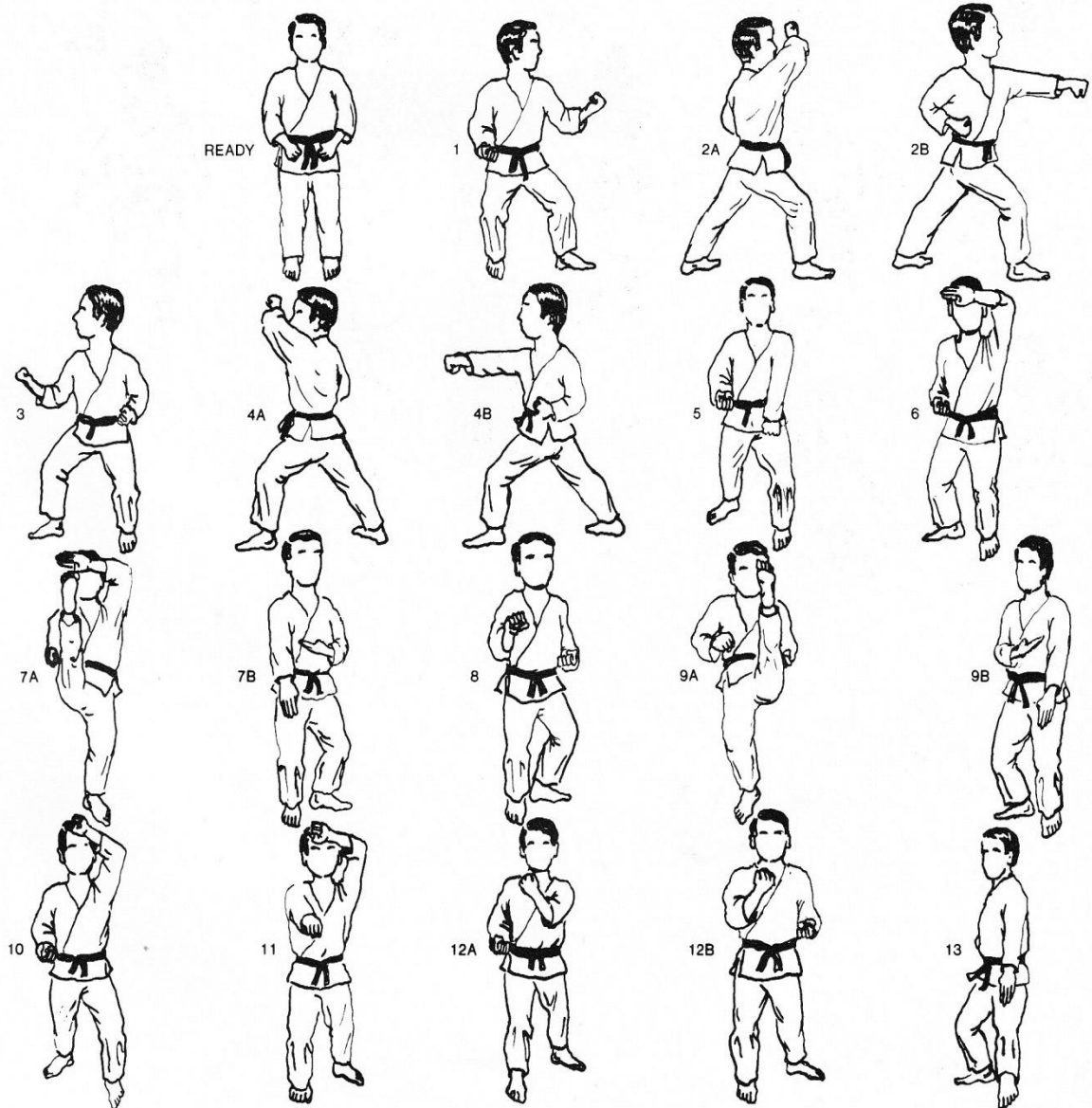
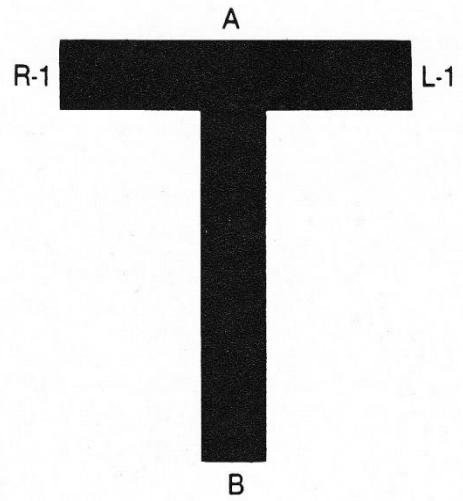
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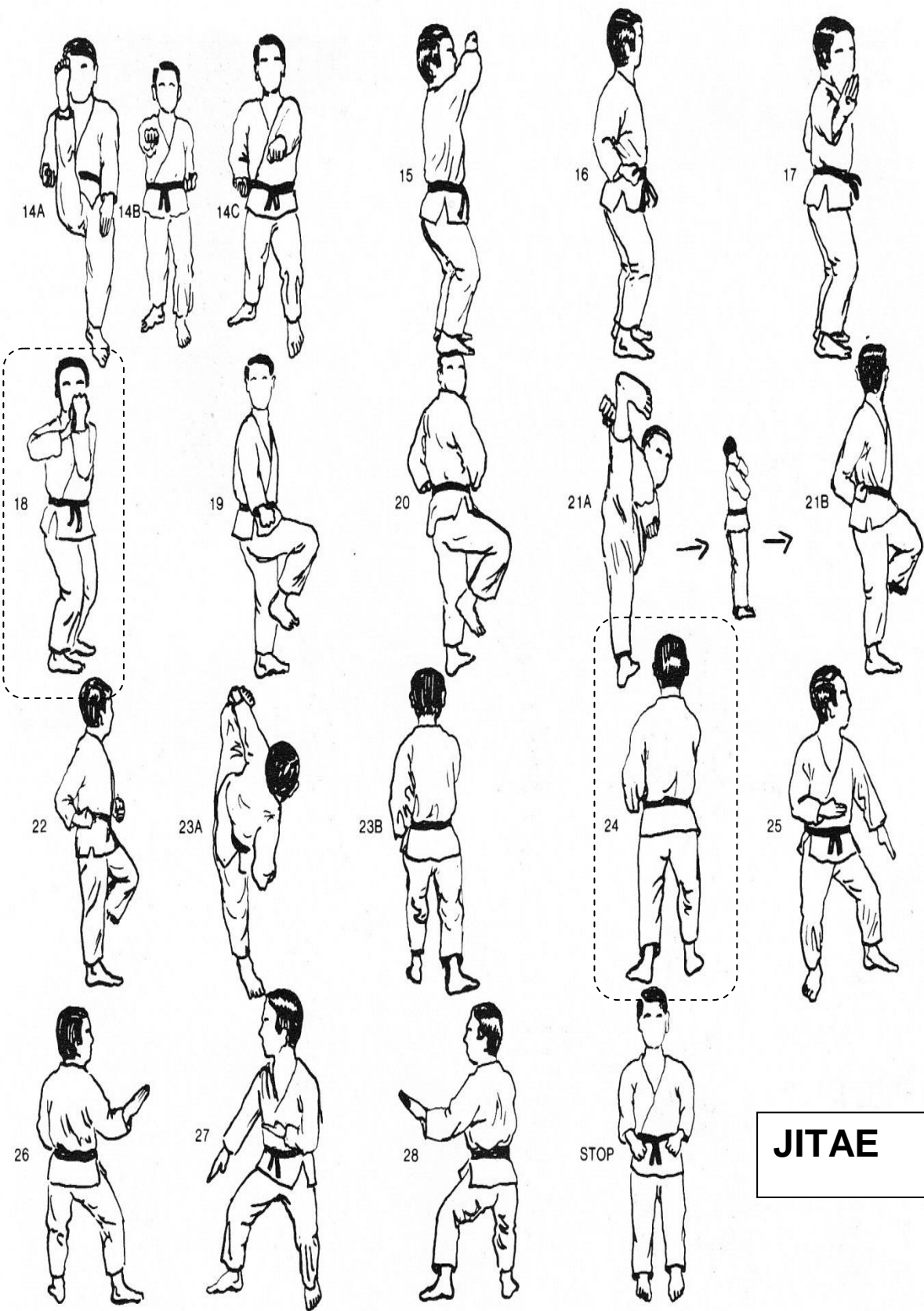


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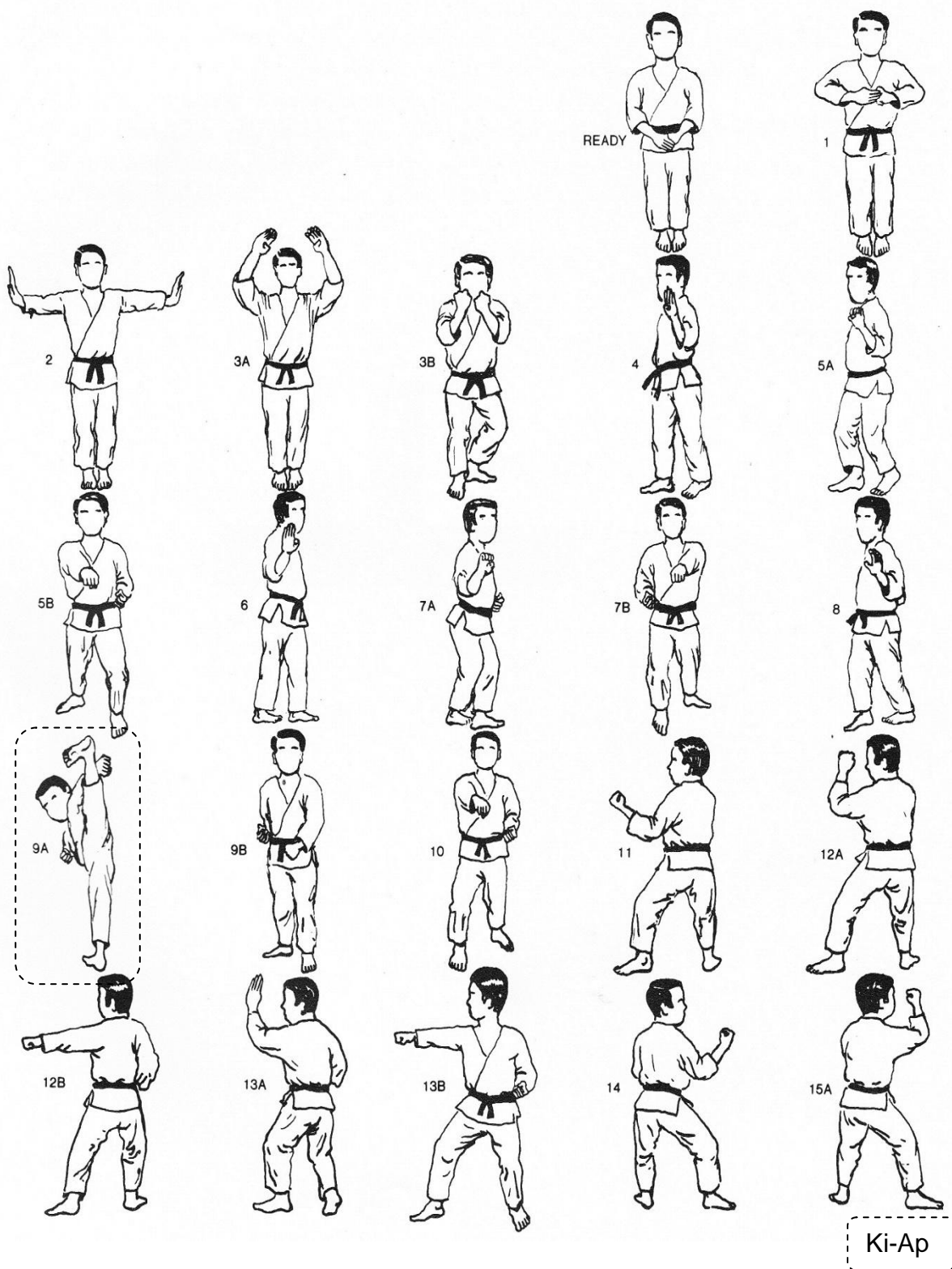
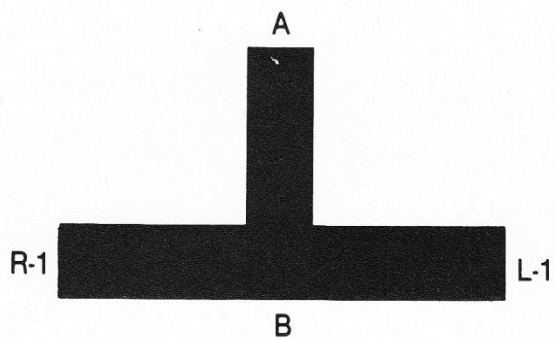
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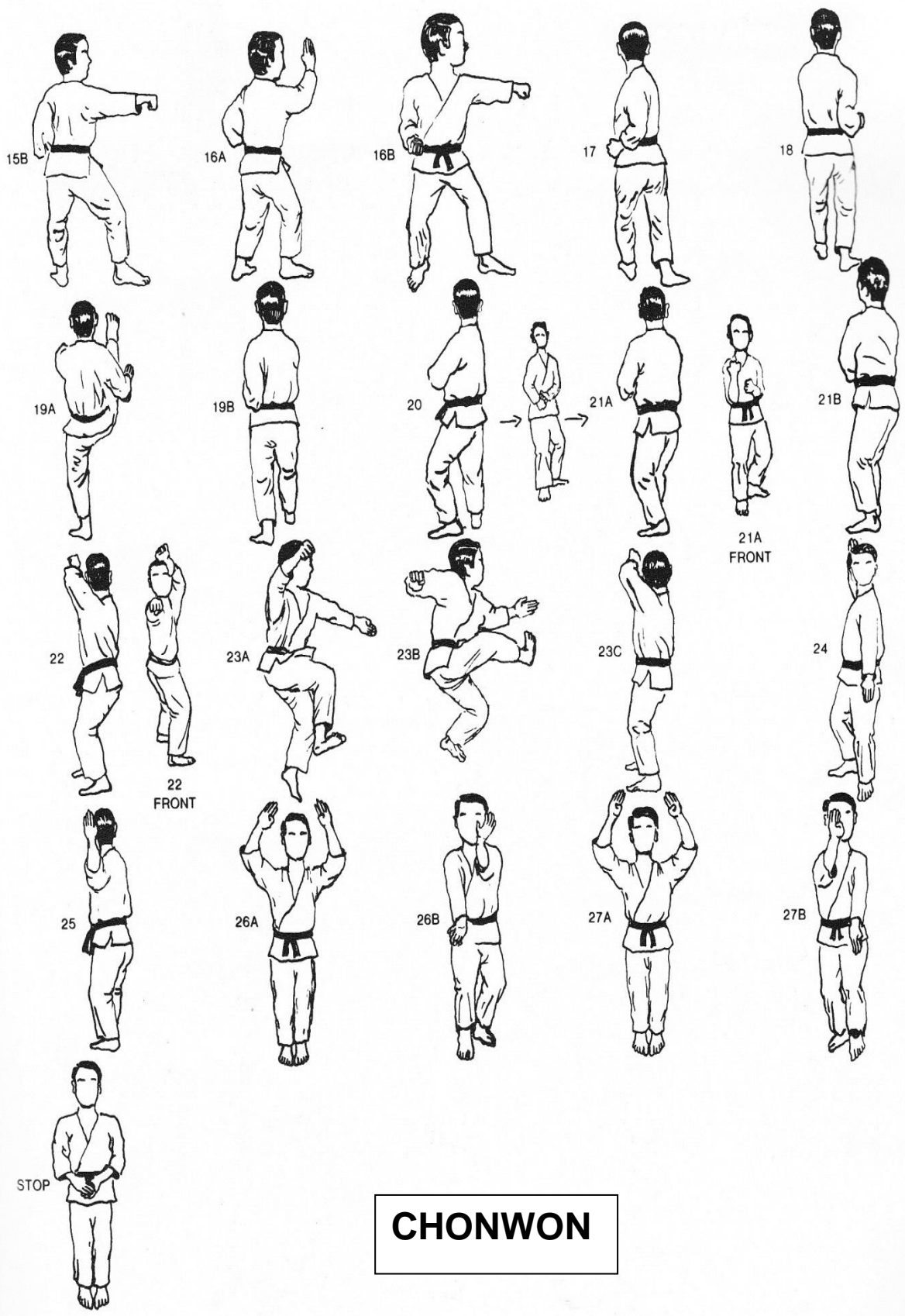




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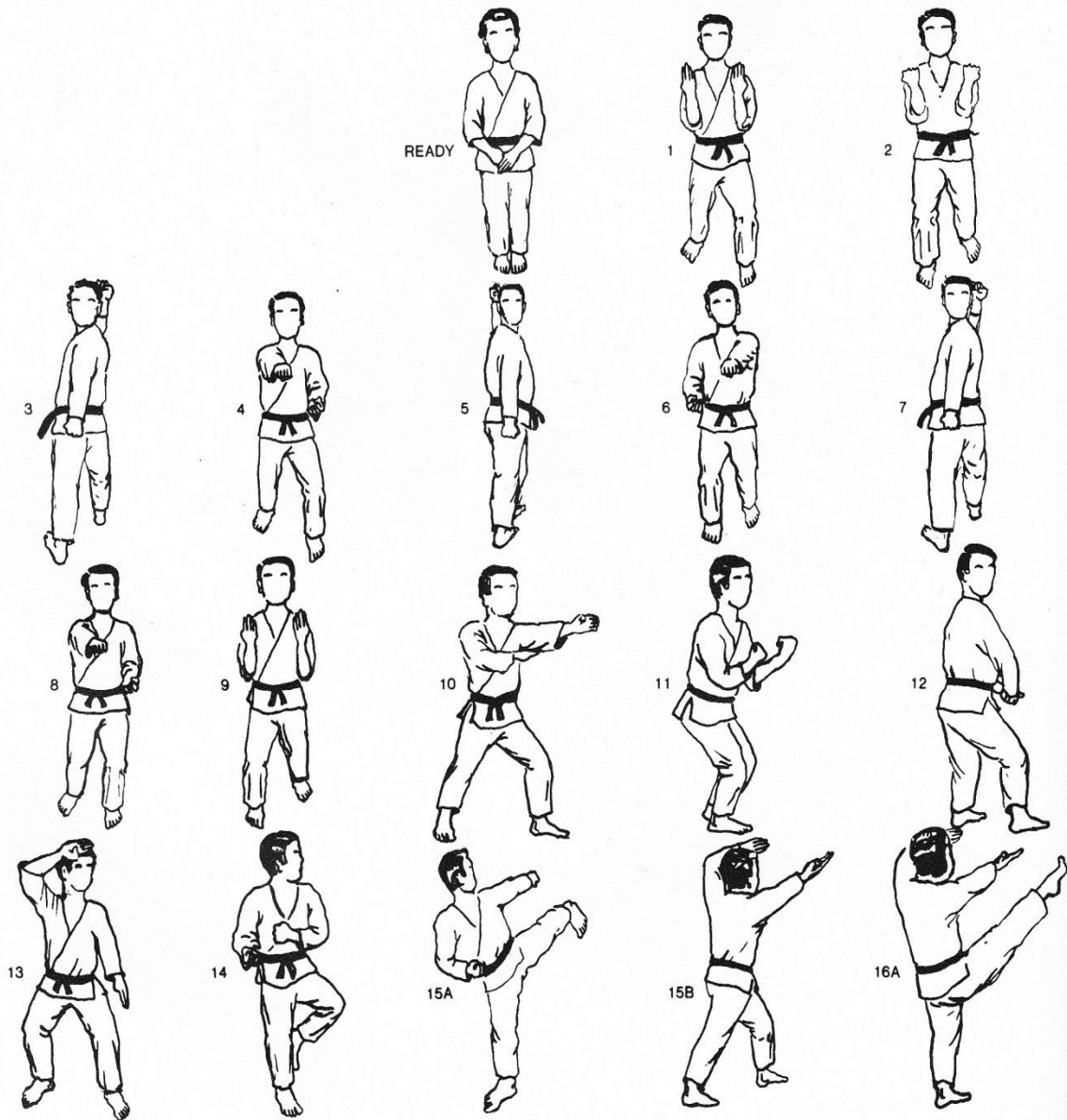
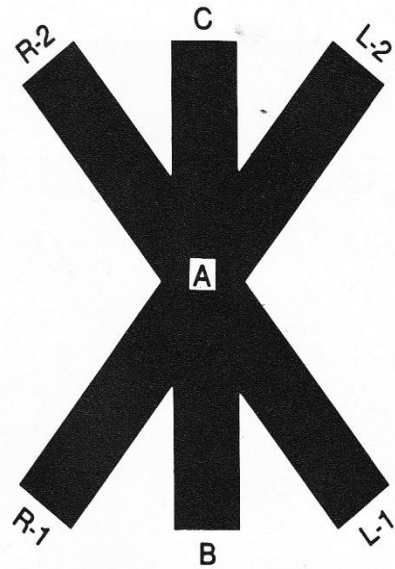


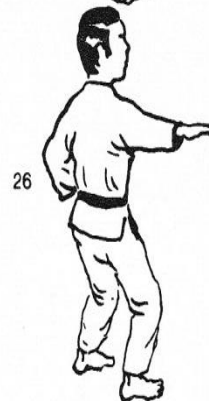
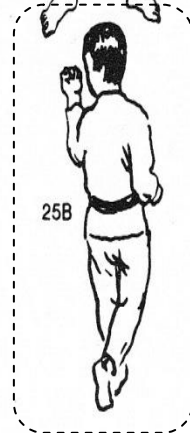
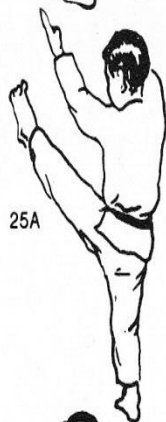
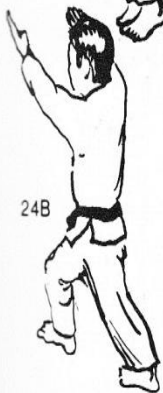
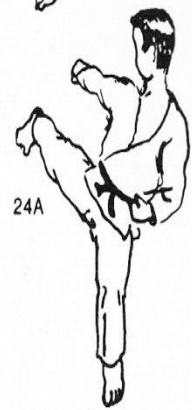
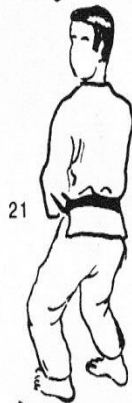
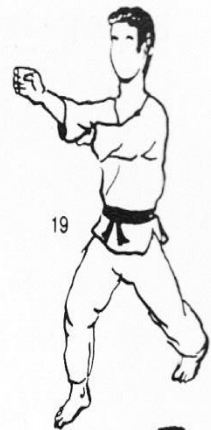
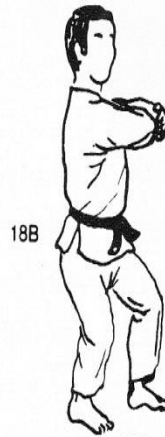
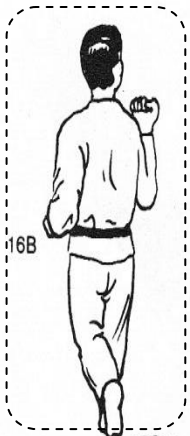


CHONWON

Ki-Ap

HANSU

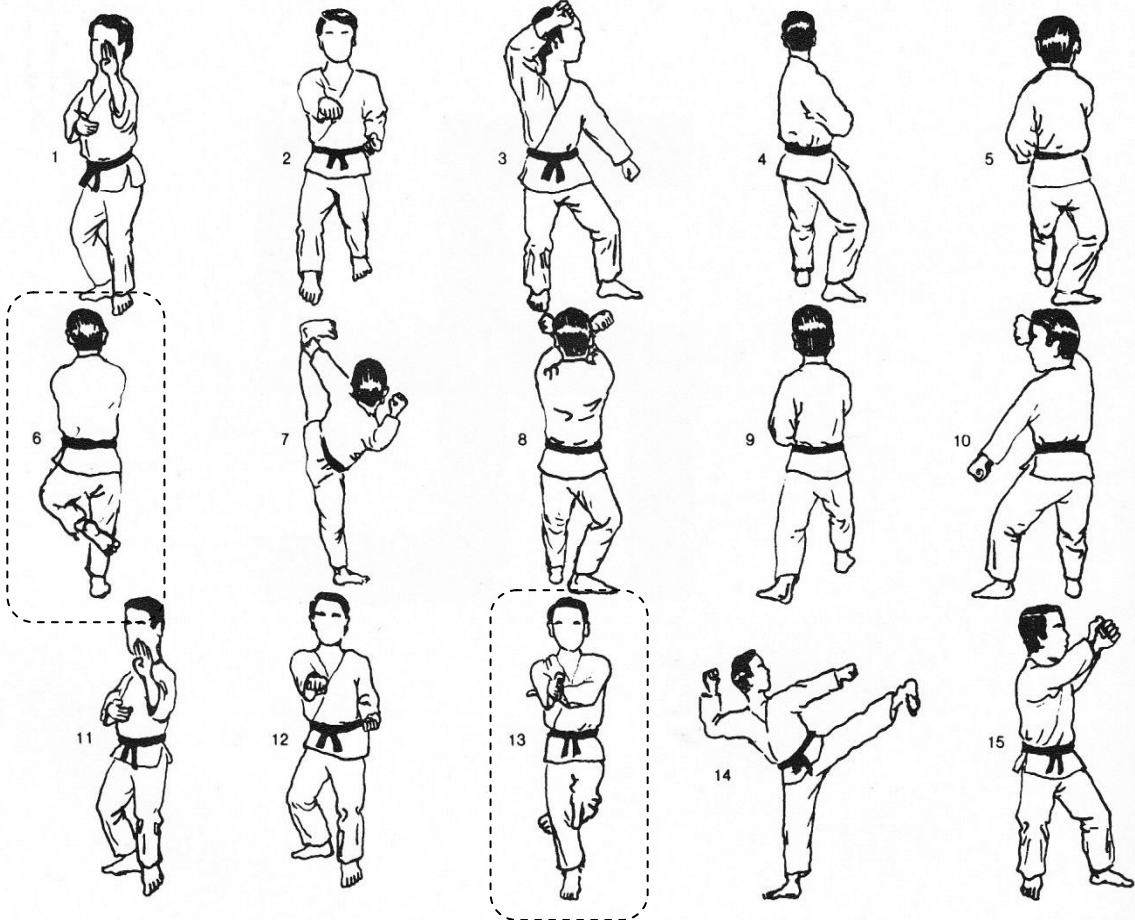
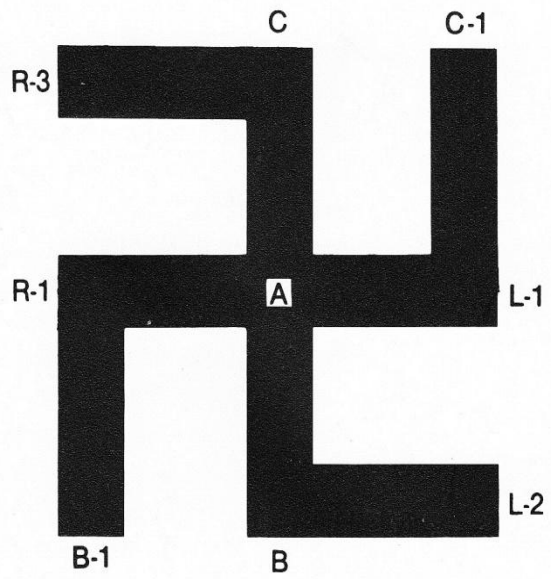




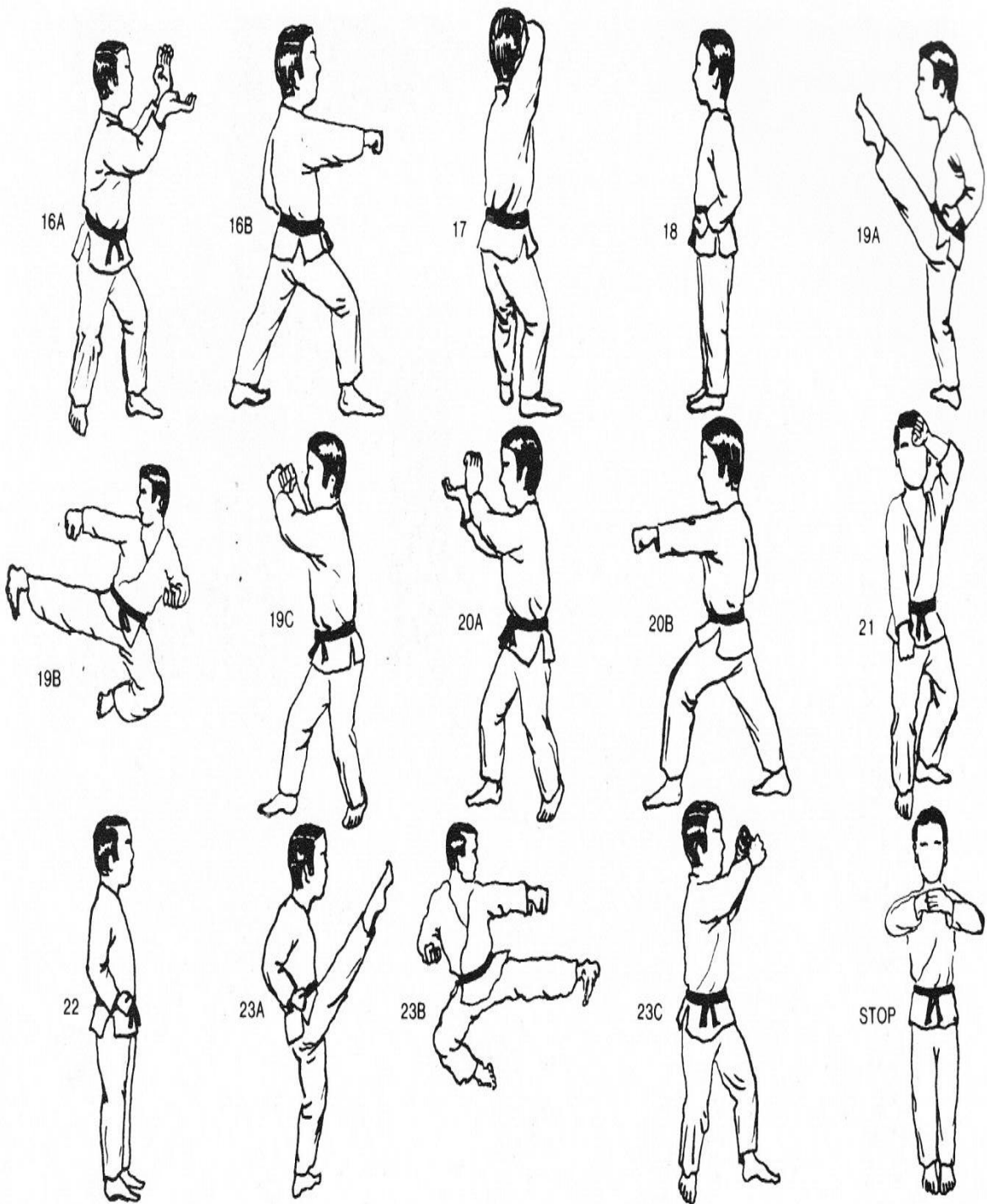
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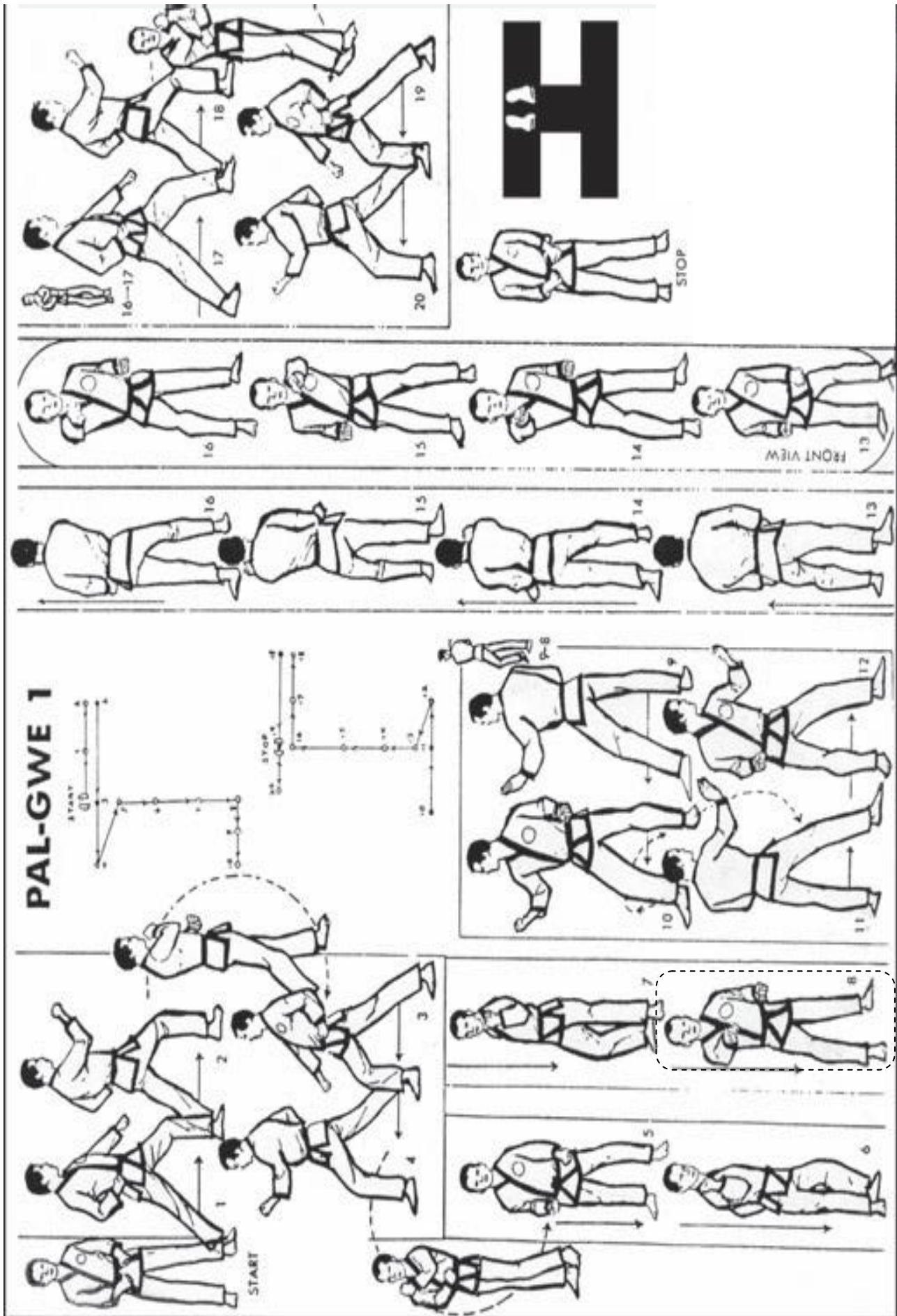
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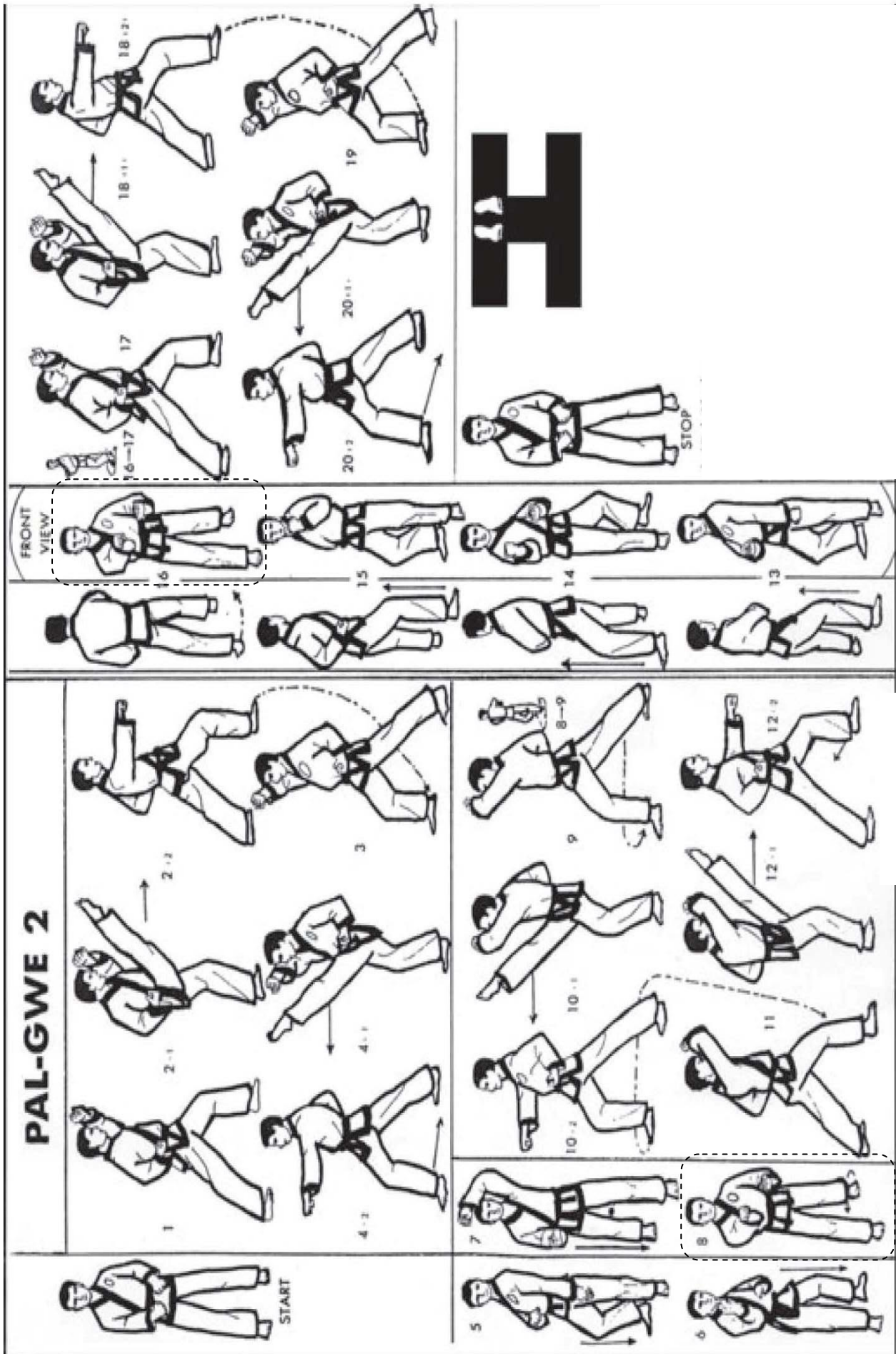


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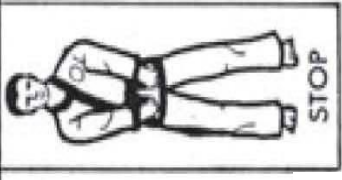
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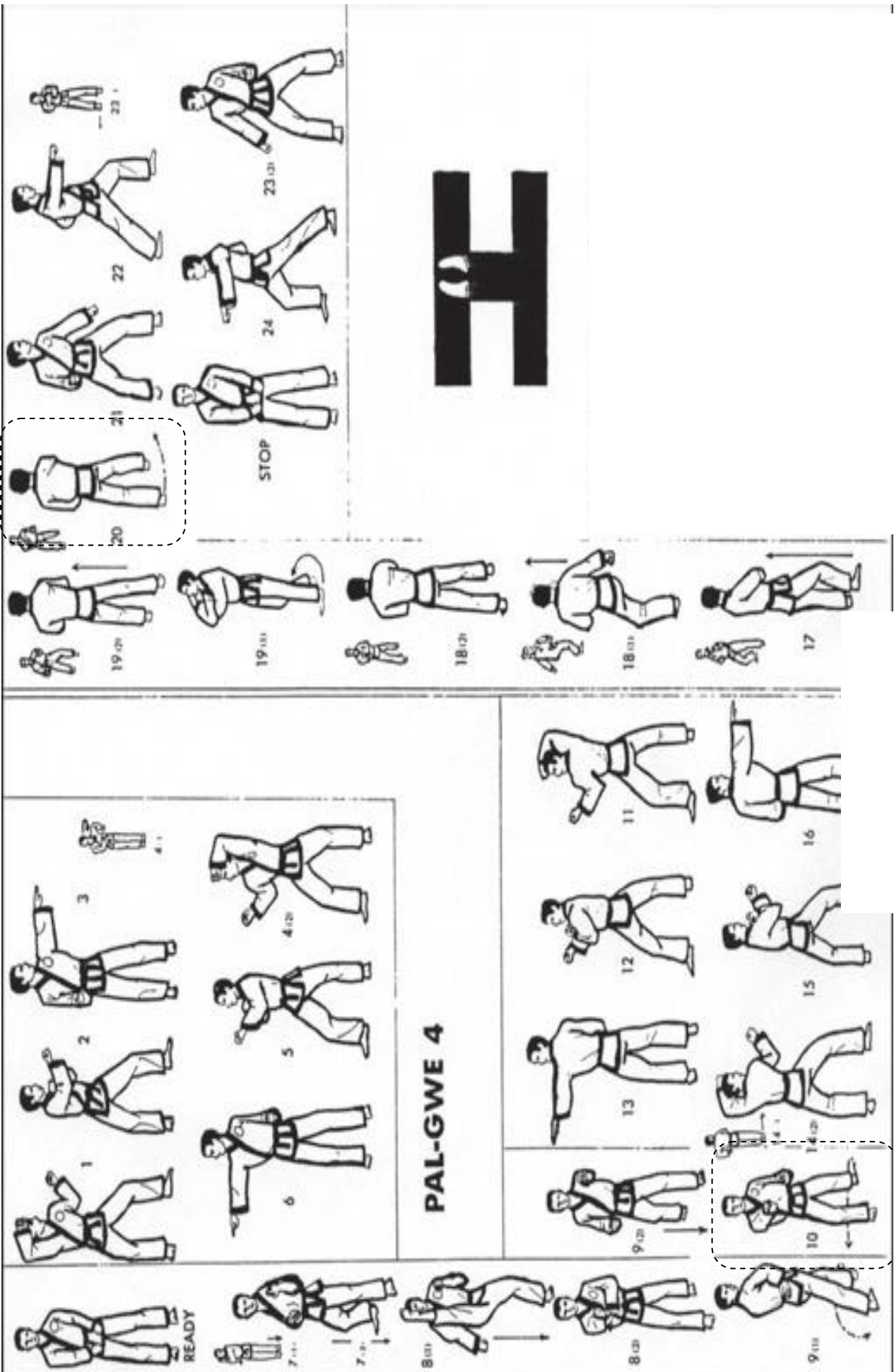


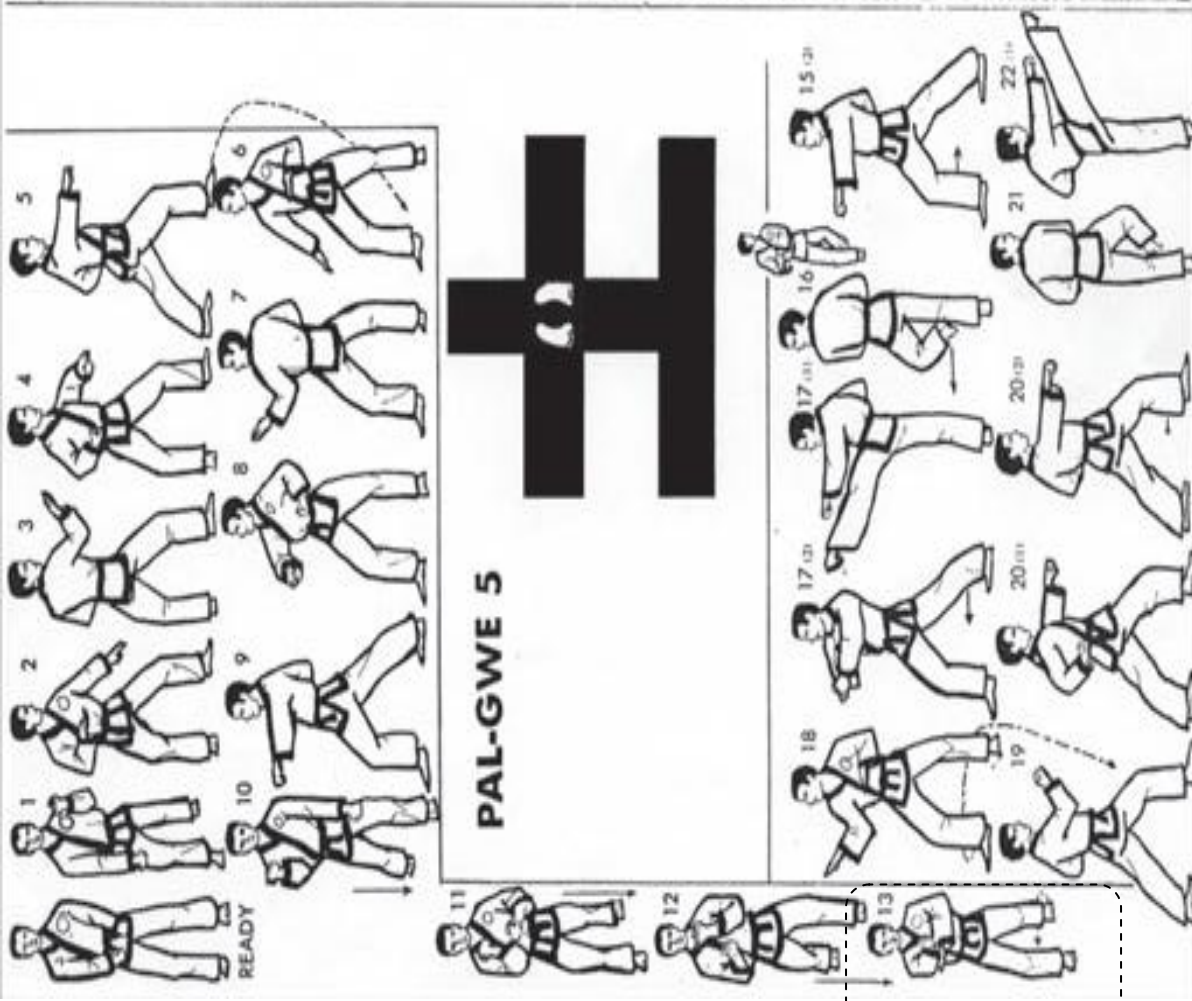
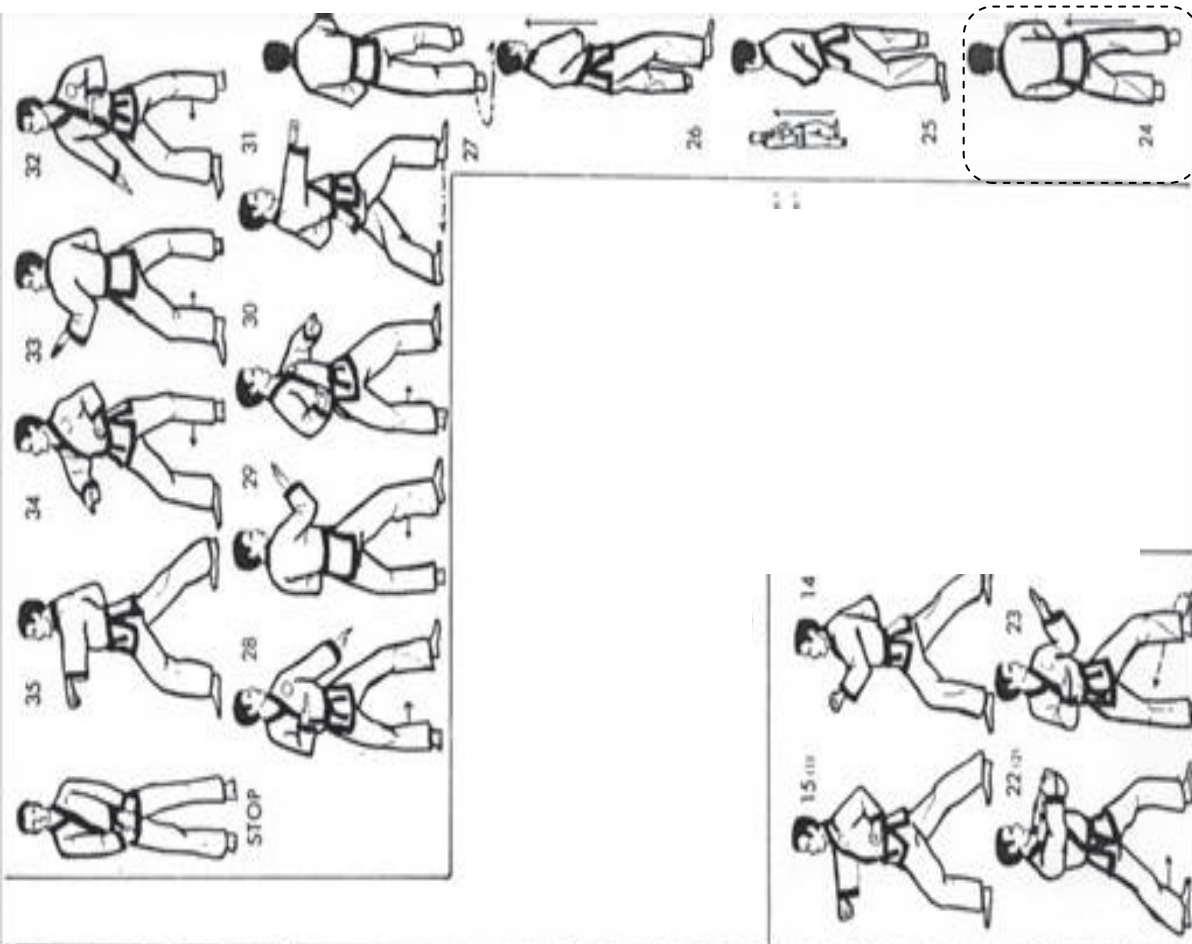


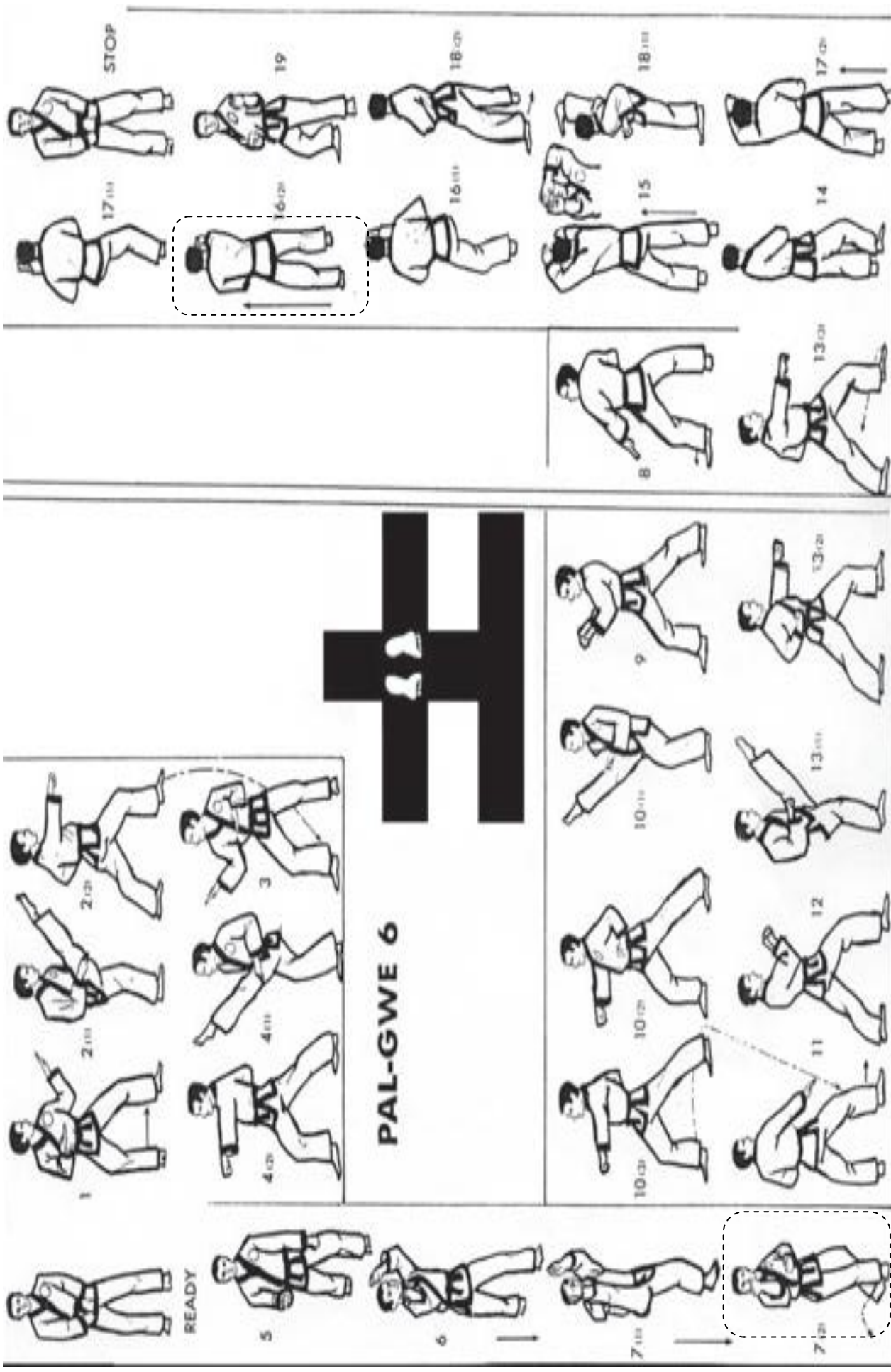
PAL-GWE
3

READY

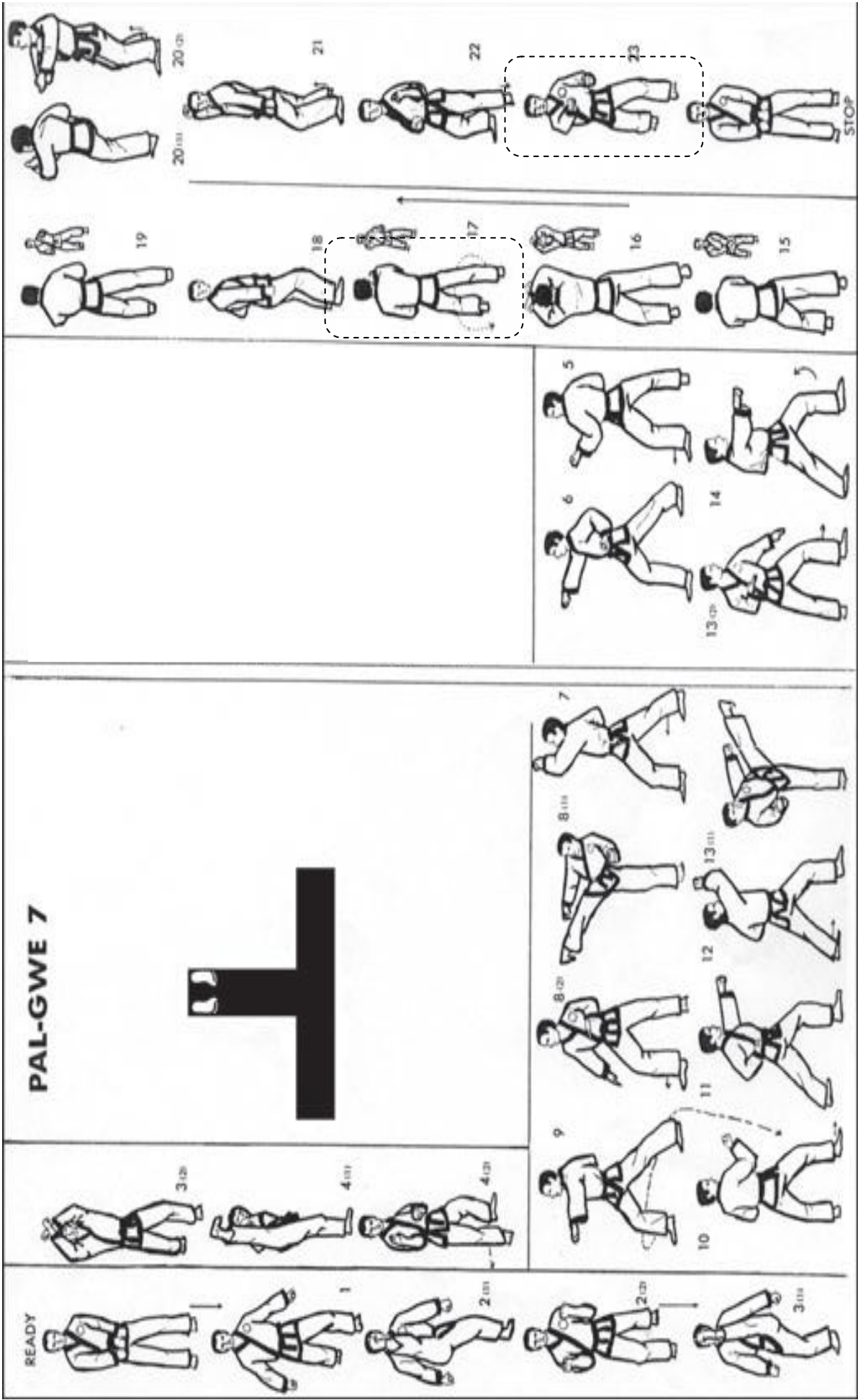


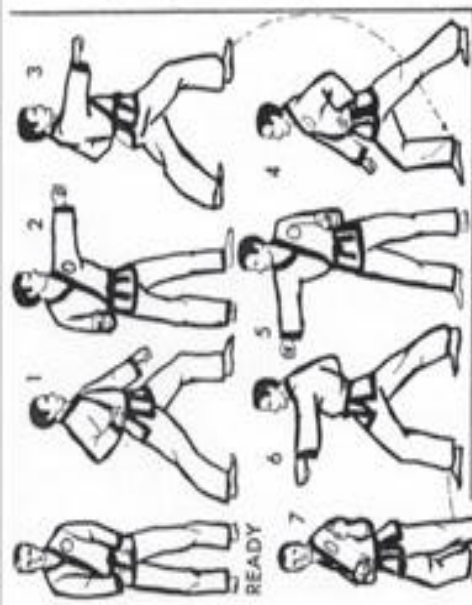




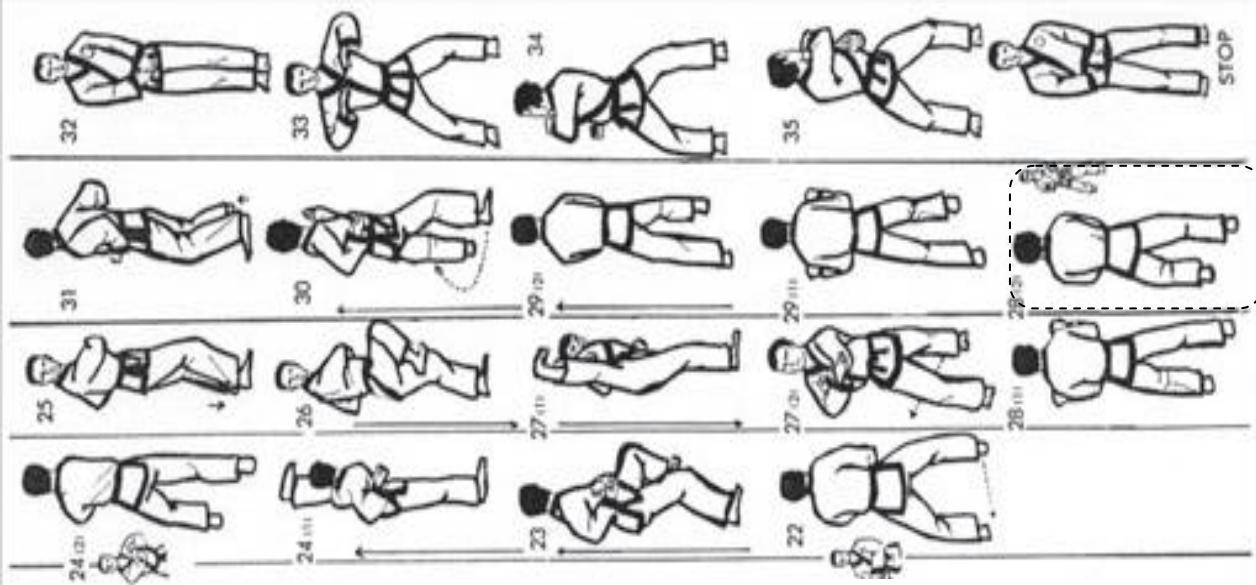
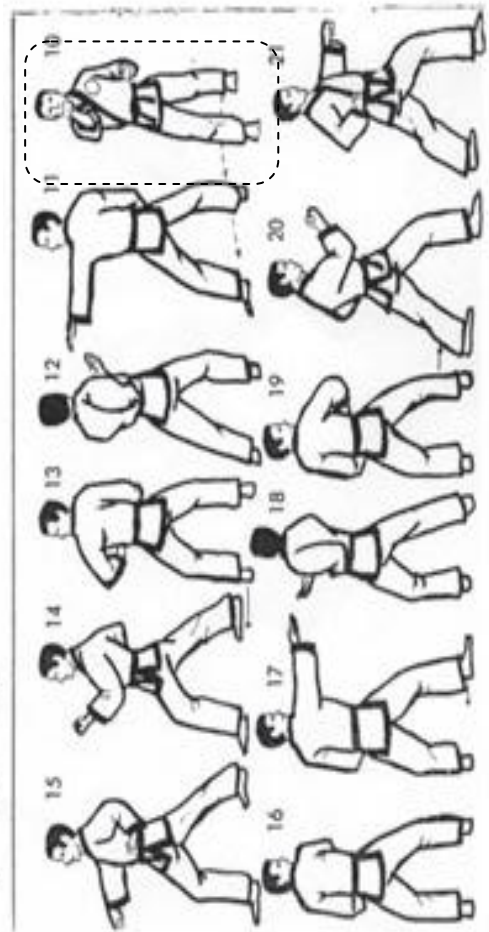
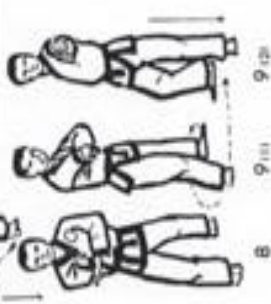


PAL-GWE 7





PAL-GWE 8



Essays

All full Dan gradings must complete a written essay. Essays are all based on your opinion and experience. There is no right or wrong answer. Please use personal examples where possible.

1 st Dan	What does a Black Belt mean to you. Min 1 page
2 nd Dan	What does Taekwondo mean to you. What has Taekwondo taught you in and out of the dojang. Min 2 pages
3 rd Dan	What is the difference between a student and Instructor. Give examples of a good instructor. Min 3 pages
4 th Dan	Explain the 5 Tenets of Taekwondo. Give an example of how you have used the Tenets in training or everyday life. Min 1000 words
5 th Dan	Taekwondo is a way of life. How has Taekwondo been part of your life. What are some of the benefits you have experienced through TKD. Min 2000 words
6 th Dan	Taekwondo can change people's lives. Explain how this is possible. Min 3000 words
7 th Dan	Explain the difference between Master Instructor and Head Instructor. Min 3000 words
8 th Dan	Taekwondo is a life's journey. Discuss all of the above. Has your view has changed over time. Min 3000 words
9 th Dan	Open topic. Min 3000 words