



TAEKWONDO

Dan Grading

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What is the purpose of Gradings

The process of testing requires the student to demonstrate skill in the material for their level. At the grading your instructor will assist by giving the necessary guidance.

Nervousness is common in all gradings. Performing at gradings is a good test, since you cannot consciously remember everything under that kind of pressure; they have to be completely internalised. To overcome nerves, steady your breathing, and simply take the test, one item at a time. Remember, the examiners are not there to fail you. Rather, they are there to help you achieve your goal of testing yourself.

Discipline yourself not to worry about the patterns during basic techniques, or about sparring during patterns. Just do each technique to the best of your ability, one moment at a time. The hard work you have put in during the months of training will shine through, even though at the time you fear that it will not.

Students feel a sense of accomplishment after all has gone well and it is time to move up to the next grade.

All Black Belt gradings

	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%

Black Belt Grading Summary

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

- 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	7yrs	44
9th	8yrs	53

Black Belt 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 Tenents of Taekwondo. Give an example of how you have used the Tenents 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

Terminology 3rd Gup - Red Belt I

General

HANA.....	1,	DUL	2
SET.....	3,	NET	4
DASOT	5,	YOSOT.....	6
ILGOP.....	7	YODOL.....	8
AHOP.....	9	YOL	10

CHARYOT	ATTENTION
GYONGRYE	BOW
SABOMNIM	INSTRUCTOR

Stances

AP GUBI	FRONT STANCE
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Strikes

MOMTONG JIRUGI ...	BODY PUNCH
OLGUL JIRUGI	FACE PUNCH

Blocks

ARAE MAKGI	LOWER BLOCK
MOMTONG MAKGI ...	BODY BLOCK

Kicks

AP CHAGI	FRONT KICK
YOP CHAGI	SIDE KICK
DOLYO CHAGI	ROUNDHOUSE KICK

EXTRA - Seniors & Black Belts Only

SHYO	REST
BOM SOGI	CAT STANCE
SONNAL CHIGI.....	KNIFE HAND STRIKE
SONGUT DJIRUGI.....	SPEAR HAND STRIKE

Terminology 2nd Gup - Red Belt I I

General

GWAN JANG NIM	HEAD INSTRUCTOR
DOJANG	TRAINING HALL
DOBOK.....	UNIFORM
JUNBI	READY

Stances

JUCHUM SOGI	HORSE RIDING STANCE
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Strikes

DU BON JIRUGI	DOUBLE PUNCH
DUNG JUMOK	BACK FIST

Blocks

BAKGAT MAKGI	OUTSIDE BLOCK
OLGUL MAKGI	FACE BLOCK

Kicks

DIT CHAGI	BACK KICK
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EXTRA - Seniors & Black Belts Only

SHIJAK	START
DORA	TURN
MOA SOGI	FEET TOGETHER
NARANHI SOGI	PARALLEL STANCE
DJIRUGI	POKE
YOP JIRUGI	SIDE PUNCH
ME JUMOK	HAMMER FIST
OTGORO MAKGI	CROSSED WRIST BLOCK
HAN SONNAL MAKGI	SINGLE KNIFE HAND
AN CHAGI	INSIDE KICK
BAKGAT CHAGI	OUTSIDE KICK

Terminology - 1st Gup - Red Belt I I I

General

GUMAN ..	FINISH
PUMSEI..	FORMWORK
BARO.....	RETURN TO START

Stances

DIT GUBI ..	BACK STANCE
AP SOGI ..	SHORT FRONT STANCE

Strikes

BATANGSON CHIGI .	PALM STRIKE
PALGUB CHIGI	ELBOW STRIKE

Blocks

SONNAL MOMTONG MAKKI	DOUBLE KNIFE HAND
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Kicks

DOL GAE CHAGI	TURN KICK
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EXTRA - Seniors & Black Belts Only

MURUP CHIGI	KNEE STRIKE
HOSHINSUL	SELF-DEFENCE
GYORUGI.....	SPARRING
ORUN SOGI	RIGHT STANCE
WEN SOGI	LEFT STANCE
BARO JIRUGI	REGULAR PUNCH
BANDAE JIRUGI	IRREGULAR PUNCH
HECHYO MAKGI	CLEAVING BLOCK
NULLO MAKGI	PUSHING DOWN BLK
NULLO CHAGI	DOWNWARD KICK
MIRO CHAGI	PUSHING 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.