



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.

Yellow Belt - I, II, III

| Part A | Description | | |
|--------------------------|---|---|--|
| Warm Up | <ul style="list-style-type: none"> - Class Warm up & Stretch - Leg Raises and Crescent kicks | | |
| Strikes | <ul style="list-style-type: none"> <li style="width: 50%;">- Punch <li style="width: 50%;">- Knifehand <li style="width: 50%;">- knuckle strike <li style="width: 50%;">- Palm Strike <li style="width: 50%;">- Reverse knifehand <li style="width: 50%;">- Back fist | | |
| Walking | <ul style="list-style-type: none"> <li style="width: 50%;">- Lower block <li style="width: 50%;">- Outside block <li style="width: 50%;">- Body block <li style="width: 50%;">- Upper block | | |
| Target Kicking | <ul style="list-style-type: none"> - Front kick - Side kick - Roundhouse kick | | |
| Sparring | 1 Round x 1 minute. | | |
| Part B | Yellow I | Yellow II | Yellow III |
| Pattern | Basic Pattern | <ul style="list-style-type: none"> - Basic - Taeguk 1 | <ul style="list-style-type: none"> - Taeguk 1 - Taeguk 2 |
| Part C | Seniors Only | | |
| One Step Sparring | 4 x block only | 4 x block + 1 counter | 4 x block + 2 counters |
| Self Defence | Wrist roll 1 -Fan -Wrist grab | Wrist roll 2 - Arm bar - lapel grab | Wrist roll 3 - S Break - Choke |

Blue Belt - I, II, III

| Part A | Description | | |
|--------------------------|---|--------------------------|--------------------------|
| Strikes | <ul style="list-style-type: none"> - Punch - Knifehand - knuckle strike - Palm Strike - Reverse knifehand - Back fist | | |
| Walking | <ul style="list-style-type: none"> - Double knifehand (backstance) - Double lower knifehand & back fist - Cleaving block & double short punch - Crossing high block & twin knife hand | | |
| Target Kicking | <ul style="list-style-type: none"> - Jumping front kick - Side kick & back kick - Roundhouse kick & Spinning kick | | |
| Sparring | 2 Rounds x 1 minute. | | |
| Part B | Blue I | Blue II | Blue III |
| Pattern | Taeguk 2 Taeguk 3 | Taeguk 3 Taeguk 4 | Taeguk 4 Taeguk 5 |
| Self Defence | 1 x Random | 2 x Random | 3 x Random |
| One Step Sparring | Jnrs - 1 body -1 face | Jnrs - 1 body -1 face | Jnrs - 2 body -1 face |
| | Snrs - 2 body -2 face | Snrs - 2 body -2 face | Snrs - 2 body -2 face |
| Part C | Seniors Only | | |
| One Step Kicking | Open & Close stance against roundhouse. | | |

Red Belt - I, II, III

| Part A | Description | | |
|--------------------------|--|---|----------------------|
| Target Kicking | <ul style="list-style-type: none"> - Running kick - Spinning kick - Back kick | <ul style="list-style-type: none"> - Jumping Front kick - Flying side kick - Jumping Turn kick | |
| One Step Sparring | <ul style="list-style-type: none"> - 2 x Body punch - 2 x Face punch - 1 x Front kick | | |
| One Step Kicking | <ul style="list-style-type: none"> - Open stance - Close stance | <ul style="list-style-type: none"> - against running kick - against roundhouse | |
| Self Defence | 5 x Random Holds – defenders choice | | |
| Sparring | 3 Rounds x 1 minute. | | |
| Part B | Red I | Red II | Red III |
| Pattern | Taeguk 5 Taeguk 6 | Taeguk 6 Taeguk 7 | Taeguk 7 Taeguk 8 |
| Breaking | Students choice | Side kick | Advanced |
| Terminology | Page 1 | Page 1 & 2 | Page 1,2 & 3 |
| Part C | Seniors Only | | |
| Knife defence | 1 x knife attack | 2 x knife attack | 3 x knife attack |

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 |
|-----------------|--------------|

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 |
|-------------------|---------------------|

Strikes

| | |
|---------------------|--------------|
| DU BON JIRUGI | DOUBLE PUNCH |
| DUNG JUMOK | BACK FIST |

Blocks

| | |
|--------------------|---------------|
| BAKGAT MAKGI | OUTSIDE BLOCK |
| OLGUL MAKGI | FACE BLOCK |

Kicks

| | |
|-----------------|-----------|
| DIT CHAGI | BACK KICK |
|-----------------|-----------|

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 |
|---------------------------|-------------------|

Kicks

| | |
|-----------------------|-----------|
| DOL GAE CHAGI | TURN KICK |
|-----------------------|-----------|

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.