

Yellow Belt Syllabus

Part A	General Assessment		
Warm Up	Class Warmup & Stretch Leg Raises and Crescent kicks		
Strikes	Punch, Knifehand, Palm Strike, Spearhand, knuckle strike, Back fist, Reverse knifehand		
Walking	<ul style="list-style-type: none"> • Lower Block • Body Block 	Outside Block	Upper Block
Target Kicking	<ul style="list-style-type: none"> • Front Kick • Side Kick • Round house 		
Sparring	1 Round x 1 minute.		
Part B	Yellow I	Yellow II	Yellow III
Pattern	Basic Pattern	Basic Taeguk 1	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	<ul style="list-style-type: none"> - Wrist roll 1 - Fan - Wrist Grab 	<ul style="list-style-type: none"> - Wrist roll 2 – Arm Bar - Lapel Grab 	<ul style="list-style-type: none"> - Wrist roll 3 – S Break - Choke

Blue Belt Syllabus

Part A	General Assessment		
Warm Up	Class Warmup & Stretch Basic kicks no target.		
Strikes	Punch, Knifehand, Palm Strike, Spearhand, knuckle strike, Back fist, Reverse knifehand		
Walking	<ul style="list-style-type: none"> • Double knifehand (backstance) • Double lower knifehand & back fist • Cleaving block & double short punch (front stance) • Crossing high block & twin knife hand (front stance) 		
Target Kicking	<ul style="list-style-type: none"> • Jumping front kick • Side kick & Back kick • Roundhouse kick & Spinning kick 		
One Step Sparring	4 x Block + 3 counters. Defenders choice of attacks		
Sparring	2 Round 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

Red Belt Syllabus

Part A	General Assessment		
Warm Up	Class Warmup & Stretch Basic kicks no target.		
Strikes	Any basic strike in Juchum Sogi		
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 over target Jumping Turning R/house 	
One Step Sparring	<ul style="list-style-type: none"> • 2 x Body Punch • 2 x Face Punch • 1 x Front kick 		
Self Defence	5 x Random Holds – defenders choice		
Sparring	3 Round 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
	JUNBI.....	READY
	SABOMNIM.....	INSTRUCTOR
	Blocks	
	ARAE MAKGI	LOWER BLOCK
	MOMTONG MAKGI	BODY BLOCK
	Kicks	
	AP CHAGI	FRONT KICK
	YOP CHAGI	SIDE KICK
	DOLYO CHAGI	ROUNDHOUSE KICK
	Stances	
	AP GUBI	FRONT STANCE
	Strikes	
	MOMTONG JIRUGI	BODY PUNCH
	OLGUL JIRUGI	FACE PUNCH

EXTRA - Seniors & Black Belts Only

Blocks	
BAKGAT MAKGI	OUTSIDE BLOCK
OLGUL MAKGI	FACE BLOCK
Stances	
DIT GUBI	BACK STANCE
AP SOGI	SHORT FRONT STANCE
Strikes	
SONNAL CHIGI.....	KNIFE HAND STRIKE
PYON SONGUT DJIRUGI	SPEAR HAND STRIKE

Terminology - 2nd Gup - Red Belt I I

General

GWAN JANG NIM HEAD INSTRUCTOR
DOJANG TRAINING HALL
DOBOK UNIFORM

Stances

JUCHUM SOGI HORSE RIDING
STANCE

Strikes

DU BON JIRUGI DOUBLE PUNCH
DUNG JUMOK BACK FIST

Blocks

HECHYO MAKGI CLEAVING BLOCK

Kicks

DIT CHAGI BACK KICK

EXTRA - Seniors & Black Belts Only

Miscellaneous

SHIJAK START
BARO RETURN TO START
GUMAN FINISH
DORA TURN

Stances

BOM SOGI CAT STANCE
NARANHI SOGI PARALLEL STANCE

Strikes

DJIRUGI POKE
YOP JIRUGI SIDE PUNCH
ME JUMOK HAMMER FIST

Blocks

OTGORO MAKGI CROSSED WRIST
BLOCK
HAN SONNAL MAKGI SINGLE KNIFE HAND
BLOCK

Kicks

AN CHAGI INSIDE KICK
BAKGAT CHAGI OUTSIDE KICK

Terminology - 1st Gup - Red Belt I I I

General

SHYO	REST
PUMSEI	FORMWORK
HOSHINSUL	SELF-DEFENCE
GYORUGI	SPARRING

Stances

MOA SOGI	FEET TOGETHER
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Strikes

BATANGSON TOK CHIGI	PALM STRIKE TO CHIN
PALGUB CHIGI	ELBOW STRIKE
MURUP CHIGI	KNEE STRIKE

Blocks

SONNAL MOMTONG	
MAKGI.....	DOUBLE KNIFE HAND BLOCK

Kicks

MOM DOLYO CHAGI	TURNING KICK
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EXTRA - Seniors & Black Belts Only

General

(Sino Korean Numerals)

IL,	1 st,		E.....	2 nd
SAM,	3 rd,		SA.....	4 th
O,	5 th,		YUK	6 th
CHIL,	7 th,		PAL.....	8 th
GU,	9 th,		SHIP	10 th

Stances

ORUN SOGI	RIGHT STANCE
WEN SOGI	LEFT STANCE

Strikes

BARO JIRUGI	REGULAR PUNCH
BANDAE JIRUGI	IRREGULAR PUNCH

Blocks

NULLO MAKGI	PUSHING DOWN BLOCK
SONNAL ARAE MAKGI	KNIFE HAND LOWER BLOCK

Kicks

NULLO CHAGI	DOWNWARD KICK
MIRO CHAGI	PUSHING KICK

Terminology – Cho Dan Bo – Prov Black belt

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 TARGET
STRIKE	
PYOJOK CHIGI	TARGET STRIKE
JEBI PUM SONNAL	
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

1. What does Taekwondo mean.
2. Where did Taekwondo Originate from
3. Who was the founder of Tans Taekwondo
4. What KWAN does our club originate from
5. When and where was our club started
6. What is the difference between Sport and Martial Arts
7. What is our National Governing Body called
8. What is our International Governing Body called
9. How many Olympic medals has Australia won in Taekwondo
- 10 . Explain the meaning behind the Australian Flag

Terminology – 1st Dan / Poom Black Belt

General

YUDANJA	BLACK BELT
KUKKIWON	WORLD TAEKWONDO
HQ	
HWE JANG NIM	PRESIDENT

Stances

GOA SOGI STANCE

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

1. What does Koryo mean.
2. What is the difference between Poom and Dan
3. What is the function of the Kukkiwon
4. What is the function of the WTF
5. How many weight classes are there at the Olympics
6. What is the minimum time limit between dans.
7. Explain the meaning behind the Korean Flag
8. Name each Tans instructor and which branch they teach at.
9. Name the International Referees in our club
10. Which students have represented Australia in Sparring