



History of the club

1982 - Founder Dr David Tan opened our first centre at Southport.

1988 - Tan's expanded to Brisbane.

1998 - Shane Hartmann opened our first full time centre at Currumbin.

2000 – Our first regional club in Roma.


2010 - Master Michael Tan opened our Brisbane full time centre at Coorparoo. Today Tan's has over 1000 members including a number of affiliate clubs in their own right.



World Taekwondo Federation

The WTF is the biggest Taekwondo organisation with 200 countries. The WTF governs the competition aspects as the Federation of Taekwondo for the Olympics (IOC). It holds international events regularly for both sparring and poomse.

Kukkiwon



Established in 1972, the Kukkiwon is the only Taekwondo organization whose certificates are recognised by the WTF. In addition, the Kukkiwon conducts research and instructional seminars.

Jidokwan



Our club lineage is from Jidokwan. One of the 9 original Kwans before the unification of Taekwondo in 1959. Literal translation is the school of wisdom.

3 Generations of Tans practising Taekwondo



- ❖ Left - Head Instructor Claudia Tan,
- ❖ Center - Founder Dr David Tan,
- ❖ Right - Master Michael Tan,
- ❖ Front - 1st son Liam Tan.

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"> - Punch - knuckle strike - Reverse knifehand 	<ul style="list-style-type: none"> - Knifehand - Palm Strike - Back fist 	
Walking	<ul style="list-style-type: none"> - Lower block - Body block 	<ul style="list-style-type: none"> - Outside block - 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
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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 BLK
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 BLK

Kicks

DOL GAE CHAGITURN 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.