

TAEKWONDO
태권도



Taekwondo Syllabus

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Taekwondo Rank Requirements

Advancement above 4th Dan is achieved through a number of criteria as follows, (see note 1 below)

- Time since attaining last grade
- Theoretical knowledge
- Practical ability
- Attendance
- Teaching ability
- Student grading passes
- Theory examination

Note 1: Grading examinations can be conducted by instructors up to two grades below their present grade, i.e. 2nd Dan instructors can grade students up to 1st Kup.

Master level instructors (5th Dan and above) can grade students up to one grade below their present grade, i.e. 5th Dan can grade students to 4th Dan.

Note 2: Practical examinations are not usually required above 4th Dan.

Note 3: When grading, students will be required to perform techniques in combinations on mitts and pads, sparring is also an integral part of the grading process. It is the student's responsibility to ensure they have the appropriate protective equipment.

Note 4: All gradings require that the student perform ALL techniques learnt from beginning training in Taekwondo.

Note 5: Minimum age requirement for first Dan is 18. We will promote students below 18 to junior black belt status. Time required is the same as for adult black belts. Once a junior black belt student reaches 18, they will automatically be promoted to first Dan (adult level). A junior cannot be promoted above first Dan until they reach adult level. Once at adult level, they may test for second Dan if they have the required time in grade (2 years).

The Meaning of the Belt Colours

White signifies a birth, or beginning, of a seed. A white belt student is a beginner searching for knowledge of the art.

Yellow signifies the first beam of sunlight which shines upon the seed giving it new strength with the beginning of new life. A yellow belt student is given their first ray of knowledge, opening their mind, from an instructor.

Green signifies the growth of the seed as it sprouts from the earth reaching toward the sun and begins to grow into a plant. A green belt student learns to further develop and refine their techniques.

Blue signifies the blue sky as the plant continues to grow toward it. A blue belt student moves up higher in rank just as the plant grows taller. The light feeds the plant so it can continue to grow. The student is fed additional knowledge of the art to enable their body and mind to continue to grow and develop.

Red signifies the red hot heat of the sun as the plant continues growing toward it. A red belt student is higher in rank, they acquire more detailed knowledge and, just as the plant grows slowly toward the sun, so the red belt student learns to be more cautious as their knowledge and physical abilities increase.

Black signifies the darkness beyond the sun. A black belt seeks new knowledge of the art. As they begin to teach others, they begin planting new seeds, their students, many of which will take root deep into the art, blossom and grow through the ranks in a never ending process of self growth, knowledge, and enlightenment.

10th Kup White Belt to 9th Kup White Belt – Yellow Stripe

TIME in TRAINING	2 Months
PATTERN	KI-CHO 1 & 2 (WTF) Or 4-DIRECTION PUNCH (ITF) 4-DIRECTION LOW BLOCK (ITF)
STANCES	READY WALKING (WTF) FRONT Or WALKING (ITF) HORSE Or SITTING (ITF)
BODY MOVEMENTS	Advancing And Retreating In Each Stance!
HAND STRIKES	Center Punching In Ready Stance Center Punching In Horse Stance Straight Punch In Front Stance Reverse Punch In Front Stance
BLOCKING	High (Rising) Block (Closed Fist) Low (Downward) Block (Closed Fist) Middle (Inner & Outer) Blocks (Closed Fist)
KICKING	Front Stretch Front Snap Side Snap Low Scoop 30° Round Snap Defensive Side-Thrust Defensive Back-Thrust
STRETCHING	Chinese Splits American Splits Butterfly Hurdler Modified Hurdler Froggy
ONE-STEP SPARRING	Five (5) Hard Style

9th Kup White Belt – Yellow Stripe to 8th Kup Yellow Belt

TIME in TRAINING	3 MONTHS Continuous Training Since Last Test!
PATTERN	TAE-GEUK # 1 (WTF) Or PAL-GWE # 1 (WTF) Or CHON-JI (ITF)
STANCES	<ol style="list-style-type: none"> 1) Ready 2) Walking 3) Front 4) Horse 5) Back
BREATHING	<p>Long Wave # 1 - # 3</p> <p>Short Wave # 1 & # 2</p>
BODY MOVEMENTS	Advancing And Retreating In Each Stance!
HAND STRIKES	<ol style="list-style-type: none"> 1) Center Punching In Ready Stance 2) Center Punching In Horse Stance 3) Straight Punch In Front Stance 4) Reverse Punch In Front Stance 5) Snap Backfist In All Stances
BLOCKING	<ol style="list-style-type: none"> 1) High Block (Closed Fist) 2) Low Block (Closed Fist) 3) Middle Blocks (Inside & Outside)(Closed Fist)
KICKING	<ol style="list-style-type: none"> 1) Front Stretch 2) Front Snap 3) Front Thrust 4) Side Snap 5) Low Scoop 6) 30° Round Snap 7) Defensive Side-Thrust 8) Defensive Back-Thrust 9) Inside Crescent 10) Outside Crescent
STRETCHING	<p>Chinese Splits</p> <p>American Splits</p> <p>Butterfly</p> <p>Hurdler</p> <p>Modified Hurdler</p> <p>Froggy</p>
ONE-STEP SPARRING	Seven (7) Hard Style
SELF DEFENSE	Four (4) From Holds

8th Kup Yellow Belt to 7th Kup Yellow Belt – Green Stripe

TIME in TRAINING	3 MONTHS Continuous Training Since Last Test!
PATTERN	ALL PREVIOUS TAE-GEUK # 2 (WTF) Or PAL-GWE # 2 (WTF) Or DAN-GUN (ITF)
STANCES	<ol style="list-style-type: none"> 1) Ready Stance 2) Walking Stance 3) Front Stance 4) Horse Stance 5) Back Stance 6) Left & Right Fighting Stance
BREATHING	<p>Long Wave # 1 - # 4</p> <p>Short Wave # 1 & # 2</p>
HAND STRIKES	<ol style="list-style-type: none"> 1) All Previous Hand Strikes 2) Side-Punching In Horse Stance 3) Palm-Up Knifehand In Front Stance 4) Palm-Down Knifehand In Back Stance
BLOCKING	<ol style="list-style-type: none"> 1) All Previous Blocking Movements 2) Twin Forearm High Block In Back Stance 3) Twin Knifehand Middle Block In Back Stance
KICKING	<ol style="list-style-type: none"> 1) All Previous Kicking Movements 2) Hook Kick 3) Traditional Round Kick (Ball Of Foot) 4) Spin Side Thrust Kick
STRETCHING	<p>Chinese Splits</p> <p>American Splits</p> <p>Butterfly</p> <p>Hurdler</p> <p>Modified Hurdler</p> <p>Froggy</p>
ONE-STEP SPARRING	Ten (10) Hard Style
SELF DEFENSE	Five (5) From Holds

7th Kup Yellow Belt – Green Stripe to 6th Kup Green Belt

TIME in TRAINING	3 MONTHS Continuous Training Since Last Test!
PATTERN	ALL PREVIOUS TAE-GEUK # 3 (WTF) Or PAL-GWE # 3 (WTF) Or TO-SAN (ITF)
STANCES	All Previous Stances
BREATHING	Long Wave # 1 - # 4 Short Wave # 1 - # 3
HAND STRIKES	1) All Previous Hand Strikes 2) Palm-Up Knife Hand In All Stances 3) Palm-Down Knife Hand In All Stances 4) Palm Heel Strike 5) Hammer Fist
BLOCKING	1) All Previous Blocking Movements 2) Twin Forearm Augmented Middle Block (Palms Up) 3) Twin Forearm Middle Guarding Block
KICKING	1) All Previous Kicking Movements 2) 360° Crescent Kick 3) Inside Axe Kick 4) Outside Axe Kick 5) Skip-In Side Thrusting Kick
STRETCHING	Chinese Splits American Splits Butterfly Hurdler Modified Hurdler Froggy
ONE-STEP SPARRING	Ten (10) Hard Style
SELF DEFENSE	Ten (10) From Holds
RELEASES	# 1 - # 4

6th Kup Green Belt to 5th Kup Green Belt – Blue Stripe

TIME in TRAINING	3 MONTHS Continuous Training Since Last Test!
PATTERN	ALL PREVIOUS TAE-GEUK # 4 (WTF) Or PAL-GWE # 4 (WTF) Or WON-HYO (ITF)
STANCES	1) All Previous Stances 2) X-Stance
BREATHING	Long Wave # 1 - # 5 Short Wave # 1 - # 3
HAND STRIKES	1) All Previous Hand Strikes 2) Power Knifehand To Side 3) Downward Knifehand 4) Power Hammerfist To Side 5) Hammerfist To Front 6) Vertical-Fist Punch 7) Uppercut 8) Reverse Uppercut 9) Elbow Strikes (Up-Down-Back)
BLOCKING	1) All Previous Blocking Movements 2) X-Block Closed Fist (Low; Middle; High) 3) X-Block Open Hand (Low; Middle; High)
KICKING	1) All Previous Kicking Movements 2) 360° Round (Instep) 3) Jumping Front Snap With Back Leg
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
ONE-STEP SPARRING	Ten (10) Hard Style
SELF DEFENSE	Previous Ten (10) Plus Five (5) More From Holds!
RELEASES	# 1 - # 6

5th Kup Green Belt – Blue Stripe to 4th Kup Blue Belt

TIME in TRAINING	4 MONTHS Continuous Training Since Last Test!
PATTERN	All Previous TAE-GEUK # 5 (WTF) Or PAL-GWE # 5 (WTF) Or YUL-GOK (ITF)
STANCES	All Previous Stances
BREATHING	Long Wave # 1 - # 5 Short Wave # 1 - # 3
HAND STRIKES	1) All Previous Hand Strikes 2) Elbow Smash
BLOCKING	1) All Previous Blocking Movements 2) Outer Forearm Block
KICKING	1) All Previous Kicking Movements 2) Jumping Front Thrust With Back Leg 3) Jumping Round Kick With Back Leg 4) Spin Back Kick
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
ONE-STEP SPARRING	Fifteen (15) Hard Style
SELF DEFENSE	Previous Fifteen (15) Plus Five (5) More From Holds!
RELEASES	# 1 - # 7

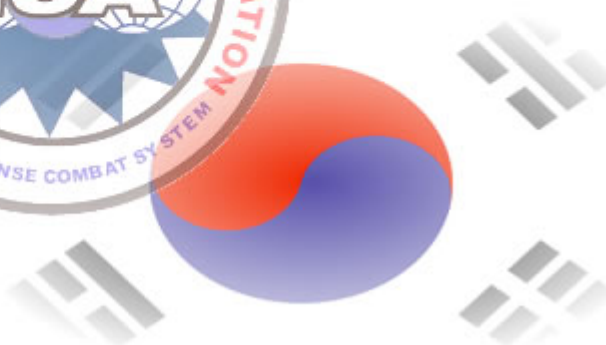
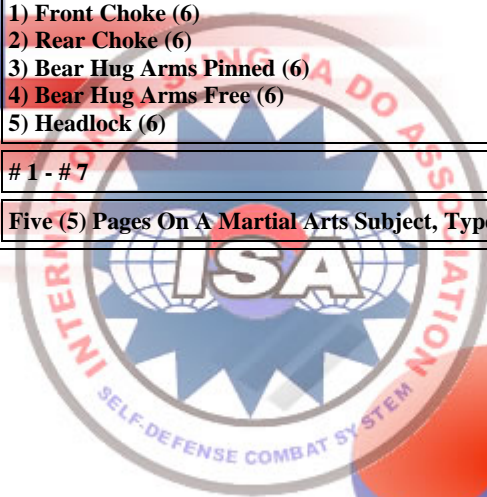


4th Kup Blue Belt to 3rd Kup Blue Belt – Red Stripe

TIME in TRAINING	4 MONTHS Continuous Training Since Last Test!
PATTERN	ALL PREVIOUS TAE-GEUK # 6 (WTF) Or PAL-GWE # 6 (WTF) Or JOONG-GUN (ITF)
STANCES	All Previous Stances
BREATHING	Long Wave # 1 - # 5 Short Wave # 1 - # 3
HAND STRIKES	1) All Previous Hand Strikes 2) Spearhand To Groin 3) Spearhand To Middle Level 4) Ridgehand Strike
BLOCKING	1) All Previous Blocking Movements 2) Knowledge Of Blocking The Following: A- Straight Right Or Left Punch B- Right Or Left Hook Punch C- Combination Of Right And Left Hook Punches D- Right Or Left Front Kick E- Right Or Left Side Kick
KICKING	1) All Previous Kicking Movements 2) Jump-In Low Scoop Kick 3) Jump Round With Front Leg 4) Jump Round With Back Leg 5) Spin Hook Kick 6) Spin Heel Kick 7) Spin Crescent Kick 8) Triple Kicking From A Ready Stance: A- Front, Side, Back B- Front, Back, Side C- Side, Front, Back D- Side, Back, Front E- Back, Front, Side F- Back, Side, Front 9) Five (5) Corner Kicking: A- Front Snap B- Front Thrust C- 45° Side Thrust D- 45° Side Snap E- Side Thrust F- 45° Back Thrust G- Straight Back Thrust
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
ONE-STEP SPARRING	Twenty (20) Hard Style And Five (5) Soft Style
SELF DEFENSE	Break Holds From: 1) Front Choke (3) 2) Rear Choke (3) 3) Bear Hug Arms Pinned (3) 4) Bear Hug Arms Free (3) 5) Headlock (3)
RELEASES	# 1 - # 7
ESSAY	Three (3) Pages On A Martial Arts Subject, Typed And Double-Spaced

3rd Kup Blue Belt – Red Stripe to 2nd Kup Red Belt

TIME in TRAINING	6 MONTHS Continuous Training Since Last Test!
PATTERN	All Previous TAE-GEUK # 7 (WTF) Or PAL-GWE # 7 (WTF) Or TOI-GYE (ITF)
STANCES	All Previous Stances
BREATHING	Long Wave # 1 - # 5 Short Wave # 1 - # 3
HAND STRIKES	1) All Previous Hand Strikes 2) Claw 3) Mask 4) Beak
BLOCKING	1) All Previous Blocking Movements 2) Parrying 3) Deflections
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
ONE-STEP SPARRING	Twenty-Five (25) Hard Style And Ten (10) Soft Style
SELF DEFENSE	Break Holds From: 1) Front Choke (6) 2) Rear Choke (6) 3) Bear Hug Arms Pinned (6) 4) Bear Hug Arms Free (6) 5) Headlock (6)
RELEASES	# 1 - # 7
ESSAY	Five (5) Pages On A Martial Arts Subject, Typed And Double-Spaced



2nd Kup Red Belt to 1st Kup Red Belt – Black Stripe

TIME in TRAINING	6 MONTHS Continuous Training Since Last Test!
PATTERN	ALL PREVIOUS TAE-GEUK # 8 (WTF) Or PAL-GWE # 8 (WTF) Or HWA-RANG (ITF)
STANCES	All Previous Stances
BREATHING	Long Wave # 1 - # 5 Short Wave # 1 - # 3
HAND STRIKES	All Previous Hand Strikes Tiger-Mouth Strike Bent Wrist Strike Bear Paw Strike Leopard Paw Strike Finger Strikes (Single; Double) Knuckle Strikes (Single; Double) Thumb Strike
BLOCKING	1) All Previous Blocking Movements 2) Knowledge Of Blocking The Following A- Right Or Left Round Kick B- Right Or Left Back Kick C- Right Or Left Axe Kicks (Inside; Outside) D- Right Or Left Crescent Kicks (Inside; Outside) E- Right Or Left Spinning Kicks
KICKING	1) All Previous Kicking Movements 2) Slap Kick 3) Twist Kick 4) Jump Spin Back Kick 5) Jump Spin Heel Kick 6) Jump Spin Hook Kick 7) Jump Spin Crescent 8) Spin Back Round Kick 9) 360° Jump Spin Back 10) Triple Kicking From Front Stance: A- Front, Side, Back B- Front, Back, Side C- Side, Front, Back D- Side, Back, Front E- Back, Front, Side F- Back, Side, Front
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
ONE-STEP SPARRING	Thirty (30) Hard Style And Twenty (20) Soft Style
SELF DEFENSE	All Break Holds From A Seated Position
RELEASES	# 1 - # 7
TECHNIQUES	1) All Direction Throw Advanced 2) Modified All Direction Throw 3) Inside Steering Wheel Throw 4) Defense Against Pushes A- Inside Steering Wheel Throw B- Outside Steering Wheel Throw C- Double Wrist Drop Throw D- Body Block Throw E- Vacuum Throw # 1 F- Vacuum Throw # 2 F- 180° Pivot Hand Throw
ESSAY	Six (6) Pages On A Martial Arts Subject, Typed And Double-Spaced

1st Kup Red Belt – Black Stripe to Cho Dan-Bo (Provisional Black Belt)

TIME in TRAINING	Twelve (12) MONTHS Continuous Training Since Last Test!
PATTERN	All Previous Patterns Plus KORYO (WTF) And CHUNG-MU(ITF)
STANCES	All Previous Stances
DAN JON HO HUP	All Previous
HAND STRIKES	1) All Previous Hand Strikes 2) Forearm Strike 3) Head-Butt
KICKS	1) All Previous Kicking Movements _____ 2) All 360° Jump Spin Kicks _____ 3) Triple Kicking From Horse Stance: A- Front, Side, Back B- Front, Back, Side C- Side, Front, Back D- Side, Back, Front E- Back, Front, Side F- Back, Side, Front
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
TECHNIQUES	1) All Previous 2) Modified Tenkan Throw
ESSAY	Fifteen (15) Pages On A Martial Arts Subject, Typed And Double-Spaced

Cho Dan Bo to 1st Dan Black Belt

TIME in TRAINING	12 MONTHS Continuous Training Since Last Test!
PATTERN	All Previous Patterns Plus KORYO (WTF) Or KWAN-GAE(ITF)
STANCES	All Previous Stances
DAN JON HO HUP	All Previous Breathing Techniques
HAND STRIKES	1) All Previous Hand Strikes 2) See Attacking Maneuvers Below.
KICKS	1) All Previous Kicking Movements 2) FLYING SAME LEG COMBINATIONS: A- Front Thrust / Round Kick B- Front Snap / Side Thrust To Side C- Hook Kick / Round Kick D- Front Snap / High Slap E- Round Kick To Front / Side Thrust To Front
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
SELF DEFENSE	All Break Hold From A Kneeling Position
TECHNIQUES	All Previous
ESSAY	Fifteen (15) Pages On A Martial Arts Subject, Typed And Double-Spaced

Hapkido, Wing Chun, Kempo Attacking Maneuvers Reflex Training

OPONENT IN RIGHT LEAD STANCE

RIGHT OVER OPPONENT'S RIGHT

Forward to Face:

- Right Grab, Left Punch to Face or Ribs.
- Left Pak Sao to Right Elbow, Right Punch or Right Palm-Heel to Face or Ribs.
- Left Pak Sao, Right Grab, Right Knee to Midsection as you pull opponent into you.

Outside Sweep:

- Slip Right Hand around and under opponent's Right arm, Left inside pin of his Right arm, Right Backhand to Face or execute a straight left to Face.

Punch to Midsection:

- Right Downward Block, Left Punch to Face or Right Backhand to Face.
- Left Pak Sao, Right Punch to Face.

Wrist Grab:

- Left sidestep, Right Formal Tan Sao (with Palm remaining in an up position) towards opponents' Groin.

RIGHT UNDER OPPONENT'S RIGHT

Forward to Face:

- **Right Tan Sao, Left Punch.**
- **Right Tan Sao with Left Pak Sao, Right Punch to Face.**

Inside Sweep:

- **Right hand slips out and under opponent's right arm, left pin or guard, Right Back-hand to Face.**

Midsection Strike:

- **Right Downward Parry, Left Punch.**
- **Right Downward Parry, Left pin, Right Backhand to Face.**
- **Block with Right Elbow, Left Punch to open area.**

Pull Down:

- **Right Bong Sao, Left Pin, Right Backhand to Face.**

RIGHT OVER OPPONENT'S LEFT

Left lead jab:

- **Right Pak Sao, Right Backhand to Face as Left pins.**
- **Right Pak Sao, Left wrist grab, Elbow Break with your Right Forearm.**

Left Hook to Face:

- **Upward Deflecting Block with Right hand, Right Punch.**
- **Left Pak Sao, Right Punch.**
- **Left Pak Sao and Right Tan Sao simultaneously, Right and left strike to face.**

Punch to Midsection:

- **Right Downward Block, Left and Right Punch to Face or open Area.**
- **Left Pak Sao, Right Punch.**
- **Upward Jerk**
- **Right Jut Sao, Right Punch or Right Backhand to face with side step.**

Wrist Grab:

- **Right Bong Sao, Right Instep Stomp, Left Punch.**

RIGHT UNDER OPPONENT'S LEFT:

Forward to Face:

- **Left Pak Sao, Right Punch.**
- **Right Grab, Left Punch.**

Left Hook to Face:

- **Upward Deflecting Block, Right Punch.**
- **Left Pak Sao, Right Punch.**

Punch to Midsection:

- **Right Downward and Parry, Left and Right Punch.**

Jut Sao:

- **Counter with Formal Tan Sao (Palm-up), Left Punch.**

Wrist Grab:

- **Right Bong Sao, Instep Stomp, Left Punch.**
- **Drive Elbow to opponent's Sternum, Pin arm, Left Punch.**

OPPONENT IN RIGHT LEAD STANCE:

- Right Outside Flick to wrist of Lead Hand, Left Pin, Right Strike to Face, Ribs or Groin.
- Left Pak Sao to Right wrist, Right Strike to Face or Open Area.
- Left Inside Tan Sao to Lead Wrist, Right Strike to Face.
- Left Rolling Pak Sao to Lead wrist, Right Backhand to Face.
- Right Flick, Left punch to Face, followed by a Barrage of Left and Right Driving Punches to Face.
- Left outside Pin on Lead wrist, Right Hook or Heel Hand to Face.
- Right Backhand to Face, "Bob and Weave", Downward to side, pin right Elbow with Left hand, Right Palm-Heel to Groin.
- Right Backhand to Face, Right Hook Punch to other side of face, Right Straight punch to Face or Right Uppercut to Midsection.
- Attack with Straight punch or Strike, if he Retreats, follow up with a Low Sidekick or a Low Roundkick.
- Right Flick, Left Pin, Right Elbow to Face or Bibs.
- Left Pak Sao to outside of Lead wrist, Front Kick to Groin or Side Kick to Knee/Shin.

OPPONENT IN LEFT LEAD STANCE:

- Right Pak Sao to Lead wrist, Left pin, Right Backhand or Finger Jab to Face.
- Left Grab of Lead wrist, Hit Elbow with Right Forearm.
- Left Grab of Lead wrist, Right Punch to Open area.
- Hit Lead Fist with Right Punch.
- Right Pak Sao to Lead wrist, "Duck" to Right, Left Palm-Heel to Groin as you pin his Left arm with Right hand, Displace your right with your Left, Pinning his Left, Throw, Right Strike to Face.
- Right Pak Sao, Low Round Kick to Hamstring or Bend of Knee, Side Kick to Knee or Shin or Rear Leg, Front Kick to Groin.

