



MONASH 태권도  
TAE KWON DO

# **Black** belt 1st - 3rd Dan

Syllabus & Grading Book

Name:

Date of enrolment:

## 태권도




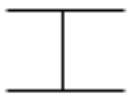
### 5 Tenets of Taekwondo

1. **여의/ Courtesy** – to show respect & consideration for instructors & others
2. **염치/ Integrity** – to be honest, truthful & trustworthy without compromise
3. **인내/ Perseverance** – to have patience to never give up in pursuit of one’s goals
4. **극기/ Self Control** – to have control of your body & mind, in actions & reactions
5. **백절불굴 Indomitable Spirit** – to have courage in the face of adversity

### Poomsae & Pattern Classification

Poomsae is the representation of each learning level and through practice provides training of all taekwondo techniques to enhance Kyorugi (sparring) skill. Poomsae directly or indirectly expresses the mental and physical refinements and the principles of offense and defense resulting from the cultivation of Taekwondo spirit and techniques.

– sourced from Kukkiwon

Name of Poomsae	Belt Colour	Gup & Dan	Number of Patterns	Number of Poom	Lines of Poomsae	Level of Training
<b>TAEGEUK</b>	White	None	Basic	8		Gup & Cho Dan Bo
	Yellow	9 <sup>th</sup> Gup	1 Jang	18		
	Yellow	8 <sup>th</sup> Gup	1 Jang	18		
	Yellow	7 <sup>th</sup> Gup	2 Jang	18		
	Blue	6 <sup>th</sup> Gup	3 Jang	20		
	Blue	5 <sup>th</sup> Gup	4 Jang	20		
	Blue	4 <sup>th</sup> Gup	5 Jang	20		
	Red	3 <sup>rd</sup> Gup	6 Jang	23		
	Red	2 <sup>nd</sup> Gup	7 Jang	25		
	Red	1 <sup>st</sup> Gup	8 Jang	24		
<b>KORYO</b>	Black	1 <sup>st</sup> Dan		30		1 <sup>st</sup> Dan
<b>KEUMGANG</b>	Black	2 <sup>nd</sup> Dan		27		2 <sup>nd</sup> Dan
<b>TAEBAEK</b>	Black	3 <sup>rd</sup> Dan		26		3 <sup>rd</sup> Dan

## Taekwondo Korean Terminology

### **Counting**

HANA: one  
DUL: two  
SET: three  
NET: four  
DASOT: five  
YOSOT: six  
ILGUB: seven  
YODOL: eight  
AHOB: nine  
YOL: ten  
YOL-HANA: eleven YOL-  
DUL: twelve  
...  
SU-MUL: twenty  
SEO-REUN: thirty  
MA-HEUN: forty  
SWIN: fifty YE-  
SUN: sixty IL-  
HEUN: seventy  
YEO-DEUN: eighty  
A-HEUN: ninety  
BAEK: one hundred

### **General** AHN-NYEONG-HA-SE-

YO: hello ANI-YO: no  
BAAL: foot CHA-  
RYEOT: attention  
CHE-SONG-HAM-NI-DA: sorry  
DAN: 1st - 9th degree  
DARI: leg

DDI: belt  
DOBOK: Taekwondo uniform  
DOJANG: training area  
OLGEUL: face  
GUK-GI: flag  
GUP: Class, 9th - 1st under white, yellow, blue & red  
HANGUK: Korea  
HOSINSOOL: self defence  
JEON: a round of competition  
JEUM: a point scored in competition  
JUMOK: fist  
JOO SIM: referee  
JULSU: line up  
KAM-SA-HAM-NI-DA: thank you KI-  
HAP: yell of power  
KWAN: school where Taekwondo is taught  
KWAN-JANG-NIM: master instructor (above fifth degree black belt)  
KYONG-NE: bow  
KYONG-PA: breaking  
KYO-RU-GI: sparring  
NE: yes  
MOK: neck  
MORI: head  
MOMTONG: body  
MOO-RUP: knee  
PALMOCK: forearm  
POOM: under 15 red/black belt  
POOMSAE: forms, formal exercises  
SA-BOM-NIM: instructor (above fourth degree black belt)  
SON: hand  
SONMOCK: wrist

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## Terminology

<p><b><u>Strikes</u></b></p> <p>JI-RU-GI/CHI-GI: punch/strike          MOMTONG JI-RU-GI: body punch          DU-BON JI-RU-GI: double punch          SE-BON JI-RU-GI: triple punch          DUNG JU-MOK CHI-GI: back-fist strike</p>	<p><b><u>Basic kicks</u></b></p> <p>CHA-GI: kick          AHP CHA-GI: front kick          DOL-LYO CHA-GI: roundhouse kick          JIG-O CHA-GI: axe kick          YOP CHA-GI: side kick          DWI CHA-GI: back kick</p> <p><b><u>Other kicks</u></b></p> <p>OL-GEUL DOL-LYO CHA-GI: roundhouse kick to the face          NA-RAE CHA-GI: double roundhouse kick          DOL-GE CHA-GI: spinning roundhouse kick          AHP HUL-LYO CHA-GI: front hook kick          DWI HUL-LYO CHA-GI: spinning hook kick</p>
<p><b><u>Stances</u></b></p> <p>SOGI: stance          CHA-RYEOT: attention stance          JUN-BI SO-GI: ready stance          JU-CHOOM SO-GI: horseback stance          AHP SO-GI: walking/short stance          AHP GU-BI: forward/long stance</p>	<p><b><u>Blocks</u></b></p> <p>MAK-KI: block          A-RAE MAK-KI: lower block          MOM-TONG MAK-KI: body block          OL-GEUL MAK-KI: face block</p>

### **TAEGEUK IL JANG – PATTERN NUMBER 1**

### **TAEGEUK EE JANG – PATTERN NUMBER 2**

OL-GEUL JI-RU-GI: face punch

### **TAEGEUK SAM JANG – PATTERN NUMBER 3**

HAN-SON-NAL MOK CHI-GI: single knife hand strike to the neck  
 HAN-SON-NAL MOM-TONG MAK-KI: single knife hand body block

### **TAEGEUK SA JANG – PATTERN NUMBER 4**

DWI GU-BI: back stance  
 YANG SON-NAL MOM-TONG MAKKI: double knife hand body block  
 PYON-SON-KKEUT JI-RU-GI: spear hand thrust  
 JE-BI-POOM MOK CHI-GI: swallow form strike  
 MOM-TONG BA-KKAT MAK-KI: outer body block

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### **TAEGUEK OH JANG – PATTERN NUMBER 5**

MEH JU-MOK CHI-GI: hammer fist strike  
PAL-KUP DOL-LYO CHI-GI: round elbow strike  
PAL-KUP PYO-JOK CHI-GI: elbow strike to target  
KKO-A SO-GI: crossed/twisted stance

### **TAEGEUK YOOK JANG – PATTERN NUMBER 6**

SON-NAL BIT-TEU-RO OL-GEUL MAK-KI: knife hand twist block  
OL-GEUL DOL-LYO CHA-GI: roundhouse kick to the face  
OL-GEUL BAK-KAT MAK-KI: outer face block  
A-RAE HE-CHYO MAK-KI: lower spreading block  
BA-TANG-SON MOM-TONG MAK-KI: palm hand body block

### **TAEGEUK CHIL JANG – PATTERN NUMBER 7**

BOM SO-GI: tiger/cat stance  
YANG SON-NAL A-RAE MAK-KI: lower double knife hand block  
BA-TANG-SON KO-DEU-RO MOM-TONG MAK-KI: supported palm hand body block  
MOA SO-GI: closed stance  
BO JU-MOK: covered fist  
KA-WI MAK-KI: scissor block  
OL-GEUL HE-CHYO MAK-KI: upper spreading block  
MU-RUP CHI-GI: knee strike  
JE-CHYO JI-RU-GI: twisted fist double punch  
OT-KKO-RO A-RAE MAK-KI: lower cross block  
DUNG JU-MOK: back fist strike  
PYO-JOK CHA-GI: kick to target  
YOP JI-RU-GI: side punch

### **TAEGUEK PAL JANG – PATTERN NUMBER 8**

KO-DEU-RO MOM-TONG MAK-KI: supported body block  
DU-BAL DANG-SONG AHP CHA-GI: flying twin kick  
WER-SAN-TEUL MAK-KI: wide open block  
DANG-KYO-TOK CHI-GI: pulling jaw strike  
KO-DEU-RO A-RAE MAK-KI: supported lower block  
DDWI-O AHP CHA-GI: jumping kick

### **KORYO**

TONG-MIL-GI JUM-BI: ready position  
KO-DE-UP YOP CHAGI: double side kick  
SON-NAL BAK-KAT CHIGI: knife hand outer strike  
HAN SON-NAL ARAE-MAKKI: knife hand lower block  
KHAL-JAE-BI: arc hand  
ME-LEUP-KU-KI: knee breaking  
AN-PAL-MOK MOMTONG HE-CHO MAKKI: inner wrist trunk push block

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PYO-JEOK JI-RU-GI: fist target punch

AP-KOA-SOGI YOP-CHAGI: twist stance forward, side kick

PYON-SON-KAT AREA JE-CHO JI-RU-GI: finger tips underneath fist push out punch

BA-TANG-SON NUL-LO MAKKI: palm hand pressing block

PAL-KUP YOP-CHIGI: elbow strike to the side

ME-JU-MOK AREA PYO-JEOK CHIGI: fist lower target strike

### **KEUMGANG**

BA-TANG-SON TEOCK-CHIGI: palm hand jaw strike

HAK-DA-RI SOGI: crane stance

KEUMGANG MAKKI: diamond block

KHEUN DOL-JE-O-GI: big hinge

SAN-TEUL MAKKI: wide open block

**BLACK BELT – 1<sup>ST</sup> DAN**  
***GRADING REQUIREMENTS***

\* **PATTERN NO. 1 – 8**

\* **ONE STEP SPARRING**

- Create 2 one step sparring sequences

\* **SELF DEFENCE**

- Create 2 self-defenses (with Taekwondo Techniques)

\* **COMBINATION KICKING**

- Combination of kicks set by instructor on day of grading

\* **BREAKINGS**

- One board break of choice by student
- One aerial board break of choice by student

\* **SPARRING**

- Three rounds, one minute per round (contact sparring)

\* **KOREAN TERMINOLOGY**

All actions, stances and kicks learnt and included in Pattern No. 1 – 8

This grading includes one step sparring, self-defense, combination kicks, board breaking, patterns no. 1 – 8, contact sparring and terminology.

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**BLACK BELT – 1<sup>st</sup> DAN**  
***GRADING RESULTS***

NAME:

AGE:

SEX: M

/ F

DATE:

<b>SUBJECTS</b>	<b>DETAILS</b>	<b>HD</b>	<b>D</b>	<b>C</b>	<b>P</b>	<b>NP</b>
PATTERN (INSTRUCTOR'S CHOICE)						
ONE STEP SPARRING						
SELF DEFENCE						
COMBINATION KICKING						
BREAKINGS						
SPARRING						
TERMINOLOGY						

FINAL RESULTS: PASSED FAILED

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

***HEAD INSTRUCTOR OF 'MONASH TAEKWONDO'***



MONASH UNIVERSITY TAEKWONDO  
**BLACK BELT – 2<sup>ND</sup> DAN**  
***GRADING REQUIREMENTS***

\* **PATTERN NO. 1 – 8, Koryo**

\* **ONE STEP SPARRING**

- Create 2 one step sparring sequences

\* **SELF DEFENCE**

- Create 2 self-defences (with weapon)

\* **COMBINATION KICKING**

- Combination of kicks set by instructor on day of grading

\* **BREAKINGS**

- Jumping front kick (board holder standing on chair)
- Jumping side kick (over two kneeling people)

\* **PHYSICAL TEST**

- 10m X 4 Return running (timed, best record of individual student)
- 2km running (12 minutes or under)
- Chin-up (male: as many as the student can)  
(female: hold and timed, as long as the student can)
- 1 minute Sit-up (40 times or over)
- 1 minute Push-up (25 times or over)

\* **SPARRING**

- Joined at least one black belt sparring competition

\* **KOREAN TERMINOLOGY**

All actions, stances and kicks learnt and included in Pattern No. 1 – 8 and Koryo

This grading includes one step sparring, self-defence, combination kicks, board breaking, physical test, Pattern no. 1 – 8 and Koryo and terminology.

MONASH UNIVERSITY TAEKWONDO

**BLACK BELT – 2<sup>ND</sup> DAN**  
**GRADING RESULTS**

NAME:

AGE:

SEX: M

/ F

DATE:

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)						
ONE STEP SPARRING						
SELF DEFENCE						
COMBINATION KICKING						
BREAKINGS						
PHYSICAL TEST	<p style="text-align: right;"><u>RECORD</u></p> 10m X 4 Return running                    min     sec 2km running                                     min     sec Chin-up    times / sec 1 minute Sit-up                                times 1 minute Push-up                            times					
SPARRING	Title of competition:  Competition date:					
TERMINOLOGY						

FINAL RESULTS:    PASSED    FAILED

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

**HEAD INSTRUCTOR OF 'MONASH TAEKWONDO'**

MONASH UNIVERSITY TAEKWONDO  
**BLACK BELT – 3<sup>RD</sup> DAN**  
*GRADING REQUIREMENTS*

\* **PATTERN NO. 1 – 8, Koryo, Keumgang**

\* **ONE STEP SPARRING**

- Create 2 one step sparring sequences

\* **SELF DEFENCE**

- Create 2 self-defences (with 2 weapons)

\* **COMBINATION KICKING**

- Combination of kicks set by instructor on day of grading

\* **BREAKINGS**

- Jumping back kick (board holder standing on chair)
- Jumping spin-hook kick (board holder standing on chair)

\* **PHYSICAL TEST**

- 10m X 4 Return running (timed, improved from 2<sup>nd</sup> Dan record)
- 2km running (10 minutes or under)
- Chin-up (male: as many as the student can, improved from 2<sup>nd</sup> Dan record)  
(female: hold and timed, as long as the student can, improved from 2<sup>nd</sup> Dan record)
- 2 minute Sit-up (65 times or over)
- 2 minute Push-up (55 times or over)

\* **SPARRING**

- Joined at least one black belt sparring competition
- Joined referee seminar

\* **KOREAN TERMINOLOGY**

- All actions, stances and kicks learnt and included in Pattern No. 1 – 8 and Koryo
- Meaning of Taekwondo (in Korean and English)

This grading includes one step sparring, self-defence, combination kicks, board breaking, physical test, Pattern no. 1 – 8, Koryo and Keumgang and terminology.

MONASH UNIVERSITY TAEKWONDO

**BLACK BELT – 3<sup>RD</sup> DAN**  
**GRADING RESULTS**

NAME:

AGE:

SEX: M / F

DATE:

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)						
ONE STEP SPARRING						
SELF DEFENCE						
COMBINATION KICKING						
BREAKINGS						
PHYSICAL TEST	<p style="text-align: right;"><u>RECORD</u></p> <p>10m X 4 Return running                      min      sec</p> <p>2km running                                      min      sec</p> <p>Chin-up    times / sec</p> <p>2 minute Sit-up                                  times</p> <p>2 minute Push-up                                times</p>					
SPARRING	<p>Title of competition:</p> <p>Competition date:</p> <p>Referee seminar date:</p>					
TERMINOLOGY						

FINAL RESULTS:    PASSED    FAILED

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

**HEAD INSTRUCTOR OF 'MONASH TAEKWONDO'**