



WOLVES TAEKWONDO GRADING SYLLABUS

Effective as from 01-12-2011

Copyright © 2011 Master Andrew Johnston (6th Dan Kukkiwon Certified)

PO Box 513 Springwood Post Office Macquarie Road Springwood NSW 2777
Mobile 0414 925 780 (during the hours of 9am-2pm, Mon-Fri) Email wolvestkd@optusnet.com.au
Website mountainwolvetaekwondo.com



WOLVES TAEKWONDO GRADING SYLLABUS

Effective as from 01-12-2011

TABLE OF CONTENTS	PAGE
HOW TO USE THE GRADING SYLLABUS	3
TAEKWONDO BELT LEVEL INFORMATION	4
ATTENDANCE CRITERIA	5
GRADING SYLLABUS DIRECTION	7
GRADING SYLLABUS GOALS	8
WOLF PACK (AGES 4-9)	9
COMMANDOS & SENIORS (AGES 10 & OVER)	12
JUNIOR & SENIOR PROVISIONAL BLACK BELTS	15
SENIOR PROVISIONAL TO DAN 1 BLACK BELT	16
2ND DAN BLACK BELT	18
3RD DAN BLACK BELT	20
4TH DAN BLACK BELT	22

HOW TO USE THE GRADING SYLLABUS

This Grading Syllabus document sets out all the criteria required at a formal Wolves Taekwondo grading including Attendance Criteria, Direction, Goals and each individual Grading Syllabus for each belt (depending on your age group ie a Wolf Pack, Commando, Junior or a Senior).

To work out which criteria will be asked of you at your next grading, the techniques listed for your current grade in the Grading Syllabus, is the techniques you will be required to do. For example, if you are aged between 4-9 years (Wolf Pack) and a Blue Belt with 2 stripes, you will be tested on the Blue Belt 2 stripes (5th Gup) syllabus requirements. Below is an example what you will be graded on:



BLUE BELT 2 STRIPE (5TH GUP)

- Step in front kick and double punch
- Step in round house kick and double punch
- Step back and round house kick
- NO CONTACT SPARRING

TAEKWONDO BELT LEVEL INFORMATION

Taekwondo belt levels are graded according to Taekwondo Australia Inc. guidelines.

Each level on your belt represents another set of techniques and skills achieved.

Taekwondo belt grades as following:

BELT COLOUR & NO. STRIPES	GRADE LEVEL
YELLOW 1 STRIPE	9TH GUP
YELLOW 2 STRIPES	8TH GUP
YELLOW 3 STRIPES	7TH GUP
BLUE 1 STRIPE	6TH GUP
BLUE 2 STRIPES	5TH GUP
BLUE 3 STRIPES	4TH GUP
RED 1 STRIPE	3RD GUP
RED 2 STRIPES	2ND GUP
RED 3 STRIPES	1ST GUP
JUNIOR PROVISIONAL BLACK BELT (7-10 YRS)	MINOR CHO POOM BO
JUNIOR PROVISIONAL BLACK BELT (11-15 YRS)	CHO POOM BO
JUNIOR BLACK BELT 1 STRIPE	1ST POOM
JUNIOR BLACK BELT 2 STRIPES	2ND POOM
SENIOR PROVISIONAL BLACK BELT (16 YEARS & OVER)	CHO DAN BO
BLACK BELT 1 STRIPE	1ST DAN
BLACK BELTS CONTINUE UP TO HIGHEST LEVEL OF 10TH DAN	

ATTENDANCE CRITERIA

THE FOLLOWING ATTENDANCE CRITERIA IS A GUIDE ONLY.
SOME STUDENTS MAY NEED LONGER OR SHORTER INTERVALS BETWEEN GRADES.
THE MASTER INSTRUCTOR WILL INDIVIDUALLY ASSESS EACH STUDENTS'
PROGRESS DURING PRE-GRADING WEEK.

WHITE BELTS

The Master Instructor or Senior Instructor will inform the student when they are ready to grade.

YELLOW BELTS

Minimum training between grades is 10-15 classes.

BLUES BELTS

Minimum training between grades is 15-20 classes.

RED BELTS (1 & 2 STRIPES)

Minimum training between grades is 20-25 classes.

RED THREE STRIPE TO 'MINOR CHO POOM BO' (AGES 7-10)

Minimum age is 8 years. Minimum training between grades is 30 classes between Red 3 stripe to Minor Cho Poom Bo. Minimum duration between Red 3 stripe to Minor Cho Poom Bo is 3 months.

'MINOR CHO POOM BO' TO 'CHO POOM' (JUNIOR BLACK BELT – AGES 7-10)

Minimum age is 10 years. Minimum training between grades is 50 classes between Minor Cho Poom Bo to Cho Poom. Minimum duration six months on grade.

RED THREE STRIPE TO 'CHO POOM BO' (AGES 11-15)

Minimum age is 11 years. Minimum training between grades is 30 classes between Red 3 stripe to Cho Poom Bo. Minimum duration between Red 3 stripe to Cho Poom Bo is 3 months.

'CHO POOM BO' TO 'CHO POOM' (JUNIOR BLACK BELT – AGES 11-15)

Minimum age is 10 years. Minimum training between grades is 50 classes between Cho Poom Bo to Cho Poom. Minimum duration six months on grade.

ATTENDANCE CRITERIA – CONTINUED

RED THREE STRIPE TO ‘CHO DAN BO’ (AGES 16 & OVER)

Minimum age is 16 years. Minimum training between grades is 30 classes between Red 3 stripe to Cho Dan Bo. Minimum duration between Red 3 stripe to Cho Dan Bo is 3 months on Red 3 grade.

‘CHO DAN BO’ TO ‘ CHO DAN’ (AGES 16 & OVER)

Minimum age is 16 years. Minimum training between grades is 50 classes between Cho Dan Bo to Cho Dan. Minimum duration is six months on grade.

RED BELTS (3 STRIPES)

Minimum duration is six months based on **three to four** advance or sports challenge-training sessions per week (75 hours in total). Master Instructor will notify students when they are eligible to grade.

1ST DAN (POOM) TO 2ND DAN (2ND POOM)

Minimum duration is one-year based on **three or four** advance or sports challenge-training sessions per week. No less than 150 hours of in-class training is needed. Class instruction can account for 50% of actual 150 hours needed to pass grading attendance criteria. Students need to keep a personal attendance logbook. The Master Instructor or Senior Instructor will notify students when they are eligible to grade.

2ND DAN TO 3RD DAN

Minimum duration is two years based on **three to four** advance or sports challenge-training sessions per week. No less than 300 hours of in-class training is needed. Class instruction can account for 50% of actual 300 hours needed to pass grading attendance criteria. Students need to keep personal attendance logbook. The Master Instructor will notify students when they are eligible to grade.

3RD DAN TO 4TH DAN

Minimum duration is three years based on **three to four** advance or sports challenge-training sessions per week. No less than 450 hours of in-class training is needed. Class instruction can account for 50% of actual 450 hours needed to pass grading attendance criteria students need to keep personal attendance logbook. Any student with less than ten years of consistent taekwondo training will not be considered for grade to Fourth Dan Black belt. **Fourth Dan grading will be subject to Master Andrew Johnston’s recommendation.**



GRADING SYLLABUS DIRECTION

THE DIRECTION OF THE WOLVES TAEKWONDO GRADING SYLLABUS IS TO TEACH THE FOLLOWING:

Traditional Taekwondo Values

Development of martial arts spirit "Gi", respect, courtesy, loyalty, self-management, self-awareness and strength of character.

Traditional Taekwondo Techniques

Static and dynamic blocking, static and dynamic striking, static and dynamic kicking, static and dynamic stances and stepping techniques.

Taekwondo Pattern Work – Poomsae

Taekwondo Self Defence – Hosinsool

Taekwondo Sparring – Gyorugi

GRADING SYLLABUS GOALS

THE GOALS OF THE WOLVES TAEKWONDO GRADING SYLLABUS

To develop health, physical fitness, balance, strength, self-defence skills, focus, discipline, co-ordination, greater sense of awareness, persistence, self-managed and responsibility of ones' own actions. Also to develop taekwondo poomsae, taekwondo self defence and sport taekwondo skills.

SPECIFIC TAEKWONDO GOALS FOR INDIVIDUAL GRADES

Yellow Belts

- Learn basic blocking
- Introduction of open and closed stances
- Learn basic kicking and striking
- Learn basic stepping
- Introduction of offensive and defensive taekwondo techniques
- Introduction of Gyeonggi no-contact sparring skills
- Develop Yellow Belt Poomsae

Blue Belts

- Learn advance kicking and striking
- Introduction to restraining and spontaneous reaction self defence movements
- Learn dynamic stepping (shuffling) kicking and striking
- Develop use of open and closed stances
- Develop use of combination offensive and defensive techniques
- Introduction of Gyeonggi light contact sparring skills
- Develop Blue Belt Poomsae

Red Belts

- Dynamic use of advance kicking combinations
- Develop restraining locks and spontaneous reaction self defence movements
- Dynamic use of stepping – (shuffling) kicking and striking
- Dynamic use of open and closed stances
- Dynamic use of combination offensive and defensive techniques
- Introduction of Gyeonggi contact sparring skills
- Develop Red Belt Poomsae

Black Belts 1st Dan to 3rd Dan

- Develop board breaking skills
- Develop Black Belt Poomsae skills
- Dynamic use of restraining locks and spontaneous reaction self defence movements
- Develop Gyeonggi contact sparring skills
- Develop history and terminology knowledge
- Pathway to become an Instructor, Senior Instructor, Head Instructor, Sports Taekwondo Coach, Sports Taekwondo Referee

WOLVES TAEKWONDO

WOLF PACK – AGES 4 TO 9 YEARS



WHITE BELT

- Stances: Ready stance, Front stance, Back stance, Natural stance, Horse stance
- Punches: (from Horse stance) single, double, and triple punches
- Blocking: Upper blocks, Lower blocks, Inner blocks, Outside blocks
- NO CONTACT SPARRING



YELLOW BELT 1 STRIPE (9TH GUP)

- Front kick
- Round house kick
- Push kick
- NO CONTACT SPARRING



YELLOW BELT 2 STRIPE (8TH GUP)

- Front kick and punch
- Round house kick and reverse punch
- Side kick
- NO CONTACT SPARRING



YELLOW BELT 3 STRIPE (7TH GUP)

- Back kick
- Double front kick and double punch
- Double round house and double punch
- NO CONTACT SPARRING

WOLF PACK – AGES 4 TO 9 YEARS



BLUE BELT 1 STRIPE (6TH GUP)

- Round house kick and back kick
- Front kick and back kick
- Step in and back kick
- NO CONTACT SPARRING



BLUE BELT 2 STRIPE (5TH GUP)

- Step in front kick and double punch
- Step in round house kick and double punch
- Step back and round house kick
- NO CONTACT SPARRING



BLUE BELT 3 STRIPE (4TH GUP)

- Axe kick
- Shuffle round house kick and round house kick
- Shuffle front kick and double punch
- SELF DEFENCE 1 – One hand grab to outside wrist
(Double hand technique – snatch away your own hand quickly and step away at same time)
- LIGHT SPARRING – NO HEAD CONTACT

WOLVES TAEKWONDO

WOLF PACK – AGES 4 TO 9 YEARS



RED BELT 1 STRIPE (3RD GUP)

- 45's
- 180's
- Reverse turning kick
- SELF DEFENCE 2 – two handed grab towards chest or shoulder
(Double hand technique – double inside palm block and step away at the same time)
- LIGHT CONTACT SPARRING – NO HEAD CONTACT



RED BELT 2 STRIPE (2ND GUP)

- Round house kick and reverse turning kick
- 45's and double punch
- Step in and 180's
- SELF DEFENCE 3 – Grab to neck or hair from behind
(Double hand technique – Turning around and double outside block and step away at the same time)
- LIGHT CONTACT SPARRING – NO HEAD CONTACT

PLEASE NOTE

- Wolf pack students will be eligible to sit for their 1st Poom belt grade from 8 years of age.
- All Wolf Pack Junior Provisional Black Belts will have to stay on that grade for no less than six months to be eligible to sit for their 1st Poom belt grade.

COMMANDOS & SENIORS – AGES 10 & OVER

Note: Commando Wolves are NOT required to perform poomsae at formal gradings.



WHITE BELT

- Stances: Ready stance, Front stance, Back stance, Natural stance, Horse stance
- Punches: (from Horse stance) single, double, and triple punches
- Blocking: Upper blocks, Lower blocks, Inner blocks, Outside blocks
- Front kick
- Round house kick
- NO CONTACT SPARRING



YELLOW BELT 1 STRIPE

- Taegeuk 1 – Poomsae applies to Senior students (16 years & over) only.
- Push kick
- Side kick
- Front kick and punch
- Round house kick and reverse punch
- LIGHT CONTACT SPARRING



YELLOW BELT 2 STRIPE

- Taegeuk 2 – Poomsae applies to Senior students (16 years & over) only.
- Double front kick and double punch
- Double round house and double punch
- Step to side and punch
- Back kick
- LIGHT CONTACT SPARRING



YELLOW BELT 3 STRIPE

- Taegeuk 3 – Poomsae applies to Senior students (16 years & over) only.
- Step back round house kick
- Slide back round house kick
- Round house kick and back kick
- Push kick and round house kick
- LIGHT CONTACT SPARRING

COMMANDOS & SENIORS – AGES 10 & OVER

Note: Commando Wolves do NOT perform poomsae at formal gradings.



BLUE BELT 1 STRIPE

- Taegeuk 4 – Poomsae applies to Senior students (16 years & over) only.
- Step in and front kick and double punch
- Step in and round house kick and double punch
- Step back round house kick and back kick
- Step to side and round house kick
- SELF DEFENCE 1 – Outer wrist grab
- LIGHT CONTACT SPARRING



BLUE BELT 2 STRIPE

- Taegeuk 5 – Poomsae applies to Senior students (16 years & over) only.
- Axe kick
- Shuffle round house kick and double punch
- Reverse turning kick
- Step to side and push kick
- SELF DEFENCE 2 – Inside wrist grab
- LIGHT CONTACT SPARRING



BLUE BELT 3 STRIPE

- Taegeuk 6 – Poomsae applies to Senior students (16 years & over) only.
- 45's
- 180's
- Shuffle round house kick and reverse turning kick
- Slide back shuffle round house kick and back kick
- SELF DEFENCE 3 – two hand grab
- LIGHT SPARRING – NO HEAD CONTACT

COMMANDOS & SENIORS – AGES 10 & OVER



RED BELT 1 STRIPE

- Taegeuk 7 plus all previous poomsae
- 45's and double punch
- Step in and 180's
- Shuffle round house kick, pushing kick and back kick
- Slide back, reverse turning kick and round house kick
- SELF DEFENCE 4 – two handed grab to chest
- SELF DEFENCE 5 – one hand grab to chest
- SPARRING – NO HEAD CONTACT



RED BELT 2 STRIPE

- Taegeuk 8 plus all previous poomsae
- 45's and back kick
- Slide back, 180's and round house kick
- Shuffle round house kick and reverse turning kick, shuffle round house kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 6 – bear hug from front
- SELF DEFENCE 7 – bear hug from behind
- CONTACT SPARRING – NO HEAD CONTACT

JUNIOR & SENIOR PROVISIONAL BLACK BELTS

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Minor Cho Poom Bo, Cho Poom Bo and Cho Dan Bo grades.



RED BELT 3 STRIPE TO MINOR CHO POOM BO (7-10 YEARS)

- Shuffle round house kick and reverse turning kick
- 45's and back
- Jumping up back kick
- SELF DEFENCE 1 – One hand grab towards chest or shoulder
- SELF DEFENCE 2 – Two handed grab towards chest or shoulder
- SELF DEFENCE 3 – Grab to neck or hair
- SELF DEFENCE 4 – bear hug from front
- Good behaviour reference from Parents or Guardian for six month period
- Good behaviour reference from school teacher or any community member for six month period
- SPECIAL TASK: DO A PROJECT/ESSAY ON “The value of teachers and parents/ carers”. MINIMUM 200 words – Project due first week back after School Holidays
- CONTACT SPARRING – NO HEAD CONTACT



RED BELT 3 STRIPE TO CHO POOM BO (11-15 YEARS)

- Koreyo
- 45 kick and 180 kick and 45 kick
- Shuffle round house kick and Axe kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 8 – Choke from behind
- SELF DEFENCE 9 – Grab to hair from behind
- Good behaviour reference from Parents or Guardian for six month period
- Good behaviour reference from school teacher or any community member for six month period
- SPECIAL TASK: DO A PROJECT/ESSAY ON “The value of teachers and parents/carers” – MINIMUM 400 words – Project due first week back after School Holidays
- CONTACT SPARRING – NO HEAD CONTACT



RED BELT 3 STRIPE TO CHO DAN BO (16 YEARS AND OVER)

- Koreyo plus Taeguk 7 and Taeguk 8
- 45 kick and 180 kick and 45 kick
- Shuffle round house kick and Axe kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 8 – Choke from behind.
- SELF DEFENCE 9 – grab to hair from behind.
- SPECIAL TASK: DO A PROJECT/ ESSAY ON “The value of self control and self discipline” – MINIMUM 500 words – Project due first week back after School Holidays
- CONTACT SPARRING – NO HEAD CONTACT

SENIOR PROVISIONAL BLACK BELT TO 1ST DAN

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.



1ST COMPETENCY: BOARD BREAKING

BOARD BREAKING COMPETENCY TO BE ASSESSED AT THE CHALLENGE CAMP

Performance Criteria:

- Students must attempt to break three boards in three seconds.

Further information on competency

- BOARD BREAK IS ONLY FOR STUDENTS 16 YEARS AND OVER.
- Three board breaks using 2 different kicks and one board break using a closed hand technique.
- Must break two of the three boards in a 3 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used for students 60kg and over.
- 30cm x 20cm x 19mm thick boards should be used for students 60kg and under.

2ND COMPETENCY: POOMSAE

Performance Criteria:

- Senior (16yrs and over): Students must demonstrate Koreyo and all coloured belt poomsae.
- Junior: Students must demonstrate Koreyo and all Red belt poomsae.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the student's own waist height.
- All blocks and strikes have to be performed in a continual motion to the student's own shoulder height.
- All techniques have to be performed with strength.

3RD COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 8 – choke from behind.
- SELF DEFENCE 9 – hair grab from behind.
- Plus all self defence techniques in grading syllabus.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.

4TH COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo Techniques listed in the club grading syllabus in any combination.

SENIOR PROVISIONAL TO 1ST DAN – CONTINUED

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.

5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in one round of a 2 minute contact spar.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than two counter fighting techniques.
- The student must show more two than assertive fighting techniques.
- The student must demonstrate their courage and spirit. For example:
 - They must move forward whilst sparring, not cowing away from their opponent.
 - They must not show anger or humour during the spar. They must keep eye contact.
 - Their techniques must contact their opponent.

6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Koreyo
- Demonstrate terminology for: attention and bow, start and stop, relax and count to ten in Korean.

2ND DAN BLACK BELT

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.



1ST COMPETENCY: BOARD BREAKING

BOARD BREAKING COMPETENCY TO BE ASSESSED AT THE CHALLENGE CAMP

Performance Criteria:

- Students must attempt four breaks in four seconds.

Further information on competency

- BOARD BREAK IS ONLY FOR STUDENTS 16 YEARS AND OVER.
- Three board breaks using 3 different kicks and one board break using a closed hand technique.
- Must break three of the four boards in a 4 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.
- 20cm x 30cm BOARDS WILL BE AVAILABLE FOR STUDENTS IF REQUESTED.

2ND COMPETENCY: POOMSAE

Performance Criteria:

- Senior: Students must demonstrate Keumgang, Koreyo and all coloured belt poomsae.
- Junior: Students must demonstrate Keumgang, Koreyo and all Red belt poomsae.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

3RD COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 10 Knife attacks: thrusting forward and over hand attack.
- SELF DEFENCE 11: Knife attacks: over hand attack.
- SELF DEFENCE 12: Knife attacks: swing arm attack.
- Plus all self defence techniques in grading syllabus.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.

2ND DAN BLACK BELT – CONTINUED

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.

4TH COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo Techniques listed in the club grading syllabus in any combination.

Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own chest height.

5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in two rounds of 2 minute contact spars.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than three counter fighting techniques.
- The student must show more than three assertive fighting techniques.
- The student must demonstrate their courage and spirit. For example:
 - They must move forward whilst sparring, not cowing away from their opponent.
 - They must not show anger or humour during the spar. They must keep eye contact.
 - Their techniques must contact their opponent.

6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Keumgang
- Demonstrate terminology for: attention and bow, start, stop, relax, formal front stance, horse stance, back stance, ready stance and count to ten in Korean.
- Explain the meaning of Taeguek.

3RD DAN BLACK BELT

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.



1ST COMPETENCY: BOARD BREAKING

Performance Criteria:

- Students must attempt to break four boards in four seconds.

Further information on competency

- Three **double** board breaks using 3 different kicks and one single board break using any hand technique.
- Must break three of the four boards attempted in a 4 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.

2ND COMPETENCY: POOMSAE

Performance Criteria:

- Students must demonstrate Taebak, Keumgang, and Koreyo.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the student's own waist height.
- All blocks and strikes have to be performed in a continual motion to the student's own shoulder height.
- All techniques have to be performed with strength.

3RD COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo techniques listed in the club grading syllabus in any combination.

Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the student's own waist height.
- All blocks and strikes have to be performed in a continual motion to the student's own chest height.

3RD DAN BLACK BELT – CONTINUED

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.

4TH COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 13: Two-man attack – self-defence techniques against two weapon attacks. Two-second intervals between attacks.
- SELF DEFENCE 14: Three-man attack – self-defence techniques against three un-armed attacks. Two-second intervals between attacks.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.
- All techniques that are going to be used during the self-defence demonstration must have been shown to, and sanctioned by the Master Instructor.

5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in three rounds of 2 minute contact spars.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than four counter fighting techniques.
- The student must show more than four assertive fighting techniques.
- The student must demonstrate their courage and spirit.

6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Taeback
- Demonstrate terminology for: formal front stance, horse stance, back stance, ready stance, upper block, outside middle block, inner middle block, lower block, front kick, round kick, back kick, side kick, front punch and knife hand strike.
- Basic knowledge of history of Taekwondo and its origins.

4TH DAN BLACK BELT

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.



1ST COMPETENCY: BOARD BREAKING

Performance Criteria:

- Students must attempt to break 5 boards in five seconds.

Further information on competency

- Three **double** board breaks using 3 different kicks and two single board breaks using any hand technique.
- Must break four of the five boards attempted in a 5 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.

2ND COMPETENCY: POOMSAE

Performance Criteria:

- Students must demonstrate Pyongwon, Taebaek and Keumgang.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the student's own waist height.
- All blocks and strikes have to be performed in a continual motion to the student's own shoulder height.
- All techniques have to be performed with strength.

3RD COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo techniques listed in the club grading syllabus in any combination.

Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the student's own waist height.
- All blocks and strikes have to be performed in a continual motion to the student's own chest height.

4TH DAN BLACK BELT – CONTINUED

Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.

4TH COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 15: Three-man attack – self-defence techniques against three weapon attacks
Two-second intervals between attacks.
- SELF DEFENCE 15: Four-man attack – self-defence techniques against un-armed attacks
Two-second intervals between attacks.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.
- All techniques that are going to be used during the self-defence demonstration must have been shown to, and sanctioned by the Master Instructor.

5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in three rounds of 3 minute contact spars.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than five counter fighting techniques.
- The student must show more than five assertive fighting techniques.
- The student must demonstrate their courage and spirit.

6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Pyongwon.
- Demonstrate Terminology for: formal front stance, horse stance, back stance, ready stance, upper block, outside middle block, inner middle block, lower block, front kick, round kick, back kick, side kick, axe kick, reverse turning kick, pushing kick, front punch, back fist strike, elbow strike and knife hand strike.
- Comprehensive knowledge of history of Taekwondo and its origins.