



SUN BAE

KOREAN MARTIAL ARTS

A member of the World Taekwondo Federation & the Korea Hapkido Federation & the Australian Kumdo Society

STUDENT HANDBOOK

(CODE OF CONDUCT)

Issued by

MASTER INSTRUCTOR BRADLEY TATNELL

© Copyright 1 FEB 2016 (Version 01.02.16)



TAEKWONDO

HAPKIDO

KUMDO

WWW.SUNBAE.NET

WELCOME TO SUN BAE

I have been teaching martial arts since December 1984 where, after assisting my instructor since December 1983, I was promoted to the rank of Club Instructor. Afterward I conducted classes in my own centre. I graded to 1st Dan black belt in June 1985 and have never looked back.

I had commenced Taekwondo as a youngster and in the early 80's not much was known about the art, except what was seen in the movies. Later I was introduced to another Korean art, Hapkido and then Kumdo (sword). I have found the learning never ceases and it is by far its own reward, I can assure you. Following, having learned directly from Korean Grandmasters, it has ever been my great pleasure to pass on the knowledge to the younger generations.

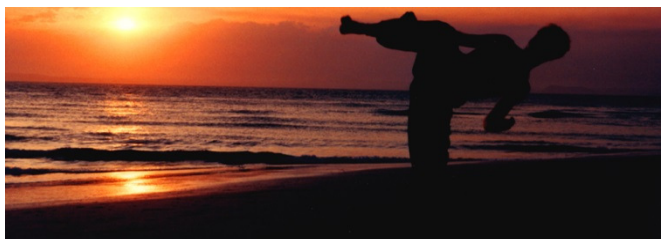
Over the years, there have been many innovations which Sun Bae has eagerly embraced, but I have also been very careful to maintain the art in its original, pure form. Now, you will have the opportunity to learn directly from one of the highest ranking Taekwondo Masters in Australia. It is my great hope you will embrace and enjoy the art of Taekwondo, Hapkido and Kumdo as much as I.

*Whilst there are many reasons for your interest in martial arts, my ultimate goal for you is **Black Belt**. Attend regularly, train hard, practice at home and most of all, makes friends and enjoy the art... you will find the benefits life long.*



Master Bradley Tatnell.... in Kumdo action

Master Bradley (8 Dan Bo)



RULES AND REGULATIONS

Within the club, rules and regulations are imposed for the safety, respect and consideration of all members. Any member who disobeys club rules may be subjected to disciplinary action which can result in suspension or expulsion and even loss of rank.

ETIQUETTE

Etiquette is the foundation of the personality, which is shown by the person's nature and actions. Etiquette comes from a good, clean mind, displaying the quality of humbleness, without losing your pride. To achieve this, a person must forget about any mean manner. Speech and conduct should be noble and gentle.

1. Whenever **entering or leaving** the training hall (dojang), members should show respect (bow towards the front where the Australian flag hangs). Members should then proceed directly to the Club Instructor (Sabomnim) to announce your arrival. It is customary to show respect to your Sabomnim by initiating a bow within 3 metres whilst standing directly in front. In mutual respect, your Sabomnim will return the gesture by bowing to you. This is very similar to handshaking in western culture. Presenting yourself confidently shows you are ready to train and you are well. You may use this opportunity to inform the Club Instructor of any injuries or issues that you may have.

Bowing is a very traditional form of greeting and of showing respect and courtesy to each other. Taekwondo, Hapkido and Kumdo students actually utilise this as the standard worldwide form of greeting each other (as different countries and cultures adopt different styles of greeting). As it is a sign of respect, lower ranking members will always initiate the bow. The junior member should approach the senior member when they appear not to be busy and should stand between two and three metres away. As you trust each other, members should look downwards when bowing whereas the head is not lowered more than 15°. Only look at the opposite person when bowing for sparring or tournament fighting.

Members should then greet every other member in the dojang commencing with those who are most senior in rank (in the same manner).

2. At **other times within the dojang**, upon meeting a higher ranking member, all members must initiate a bow of courtesy or respect before they interact with the other member. If asking a question, it is appropriate to say "excuse me" and then bow.
3. **Outside of the dojang** when the uniform is not worn and you are not at any Taekwondo or Hapkido event, bowing is not normally required. However, it is expected that appropriate respect is shown toward senior members and your Club Instructor. Note that Club Instructors will not of course issue commands or similar outside of training times.
4. When **speaking to an Instructor**, students must use either "Sir", "Madam" or "Sabomnim". Any Master Instructor may also be addressed by the Korean term "Gwanjangnim" and the Grandmaster may also be addressed as "Chong Gwanjangnim". Show your courtesy and strength of character by not mumbling, nodding or talking out of turn. It is correct to say "yes" and not "yeah" ("yeah" is slang – refer to English dictionary) when agreeing with your Sabomnim.
5. Special respect and strict attention is to be given to **your Club Instructor** at all times.

TRAINING

1. No slouching, leaning on walls, sitting on chairs or sitting in an improper way. Cross legs with back straight when sitting.
2. Personal hygiene should be high. Toe and finger nails must be kept clean and trim.
3. Uniforms are to be clean and neat with the badges attached correctly and belt tied properly and evenly.
4. Be on time for classes. Arrive 15 minutes prior to commencement. When you arrive, do not disturb an ongoing class and take the opportunity to stretch or practice quietly. If you are late, observe etiquette by moving to the front and bowing to the Club Instructor. You will then receive instructions to either first warm up or to join in. Students may not be regularly late unless they have permission from the Club Instructor.
5. Practice only the patterns which have been taught to you by your Club Instructor. Do not practice patterns of higher ranking.
6. No free sparring without an Instructor's permission and supervision. Comply with the club's protective gear policy and all safety rules.
7. Students who cannot attend class for a period of one week or more must notify the Club Instructor as a sign of courtesy.
8. Students (except beginners) who cannot regularly attend at least two lessons per week are not likely to develop the necessary skill to remain on that belt level. These students may only attend future classes at the discretion of the Instructor. In addition, these students are not entitled to discounted club rates and are not entitled to grade.
9. **TECHNIQUES MUST NEVER BE USED OUTSIDE OF THE CLASS** for any reason except in self defence involving your safety or the safety of others, and consideration must be given to locally enacted laws.

ATTIRE/DRESS

The **Taekwondo** uniform (dobok) is designed to fit for free body actions and it is believed the colour of the uniform signifies the purity of all colours as well as a state which can absorb any kind of learning.

1. No **t-shirt or other clothing** should be worn under the jacket of the dobok. However, female members can wear t-shirts, leotards or other appropriate garments under the jacket of the dobok provided that they are in solid white colour so as not to clash or contrast. Black belts may wear black or white under the uniform.
2. Traditionally training is in **bare feet**. Proper white Taekwondo shoes may be worn at the dojang whilst training. However, permission must first be sought by the Club Instructor. Only plain white socks may be worn with Taekwondo shoes whilst training.
3. Taekwondo students will wear **all white uniforms** as follows:
 - White V neck for coloured belts.
 - Black V neck for black belts.
 - Grey V neck for senior black belts.
 - Other uniforms must firstly be approved by the Master Instructor.

Hapkido students will wear **all black uniforms** as follows:

 - Plain black for coloured belts.
 - Black diamond for black belts.

Kumdo students will wear **coloured uniforms** as follows:

 - Short sleeve jacket.
 - Wider open style pants.
4. **Badges:** all members, black belts and Instructors must wear the Sun Bae badge on the left breast of the dobok, one centimetre from the V neck and not lower than the V neck. The Association badge (if any) is worn on the upper left sleeve, one centimetre from the shoulder stitching. The Hapkido badge is worn on the upper right sleeve (for Hapkido Black Belts only), one centimetre from the shoulder stitching. No other patches shall be worn, unless authorised by the Master Instructor.
5. **Printing on uniforms:** the back of the jacket may be imprinted with **TAEKWONDO** or **HAPKIDO** or **KUMDO** or **KOREAN MARTIAL ARTS** or same in Korean.
6. **Belts** must be tied so the ends are hanging at an even length. The stripe on the belt is white. The stripes should be attached approximately 20-50mm from each bottom of the belt with a gap of approximately 6-10mm between each stripe.
7. **Sleeves** and **pants** must **NOT** be rolled up, as this presents a serious danger to other students. The only exception to this rule is Kumdo uniforms, where it is compulsory to roll the sleeves up because there is sword practice with a live blade.
8. No members are allowed in the dojang **bare chested** (includes singlets) or wearing **street shoes**.
9. **Training on mats:** students are to wear shoes or similar to class. Feet must be clean before stepping onto the matted area. Shoes may be left at the edge of the mat at the rear (not side) although outside the hall is preferred. No members are allowed on the mats with dirty feet or shoes. Taekwondo shoes may be allowed by the Club Instructor where the student has an injury, but the shoes worn on the mat must not be worn in the street on the way to class. Students who train regularly on mats at their local centre are obligated to assist with the set up and storage.

DOJANG

A **dojang** is a formal hall of learning where students of all ages and physical ability can learn the skills of Taekwondo, Hapkido and Kumdo. Your conduct and behaviour must, at all times, reflect the respect that it deserves. This conduct and behaviour extends not only to the dojang, but also to the grounds surrounding the dojang or the land directly associated with the owners of the dojang (e.g. school grounds).

1. Students **entering** the dojang must remove shoes, hats and sunglasses and be in uniform (including belt tied). Shoes, gear, clothes and other personal items must be properly stored in the designated changing area.
2. Students must **remove all watches and jewellery** before training. Avoid bringing valuables to class. The Instructor is not responsible for the student's personal possessions and belongings.
3. There will be **no smoking, gum chewing, eating or drinking** in the dojang at any time or within 10 metres of the doorways or windows.
4. Each class will have a **formal ceremonial opening and closing**, consisting of saluting (bowing to) the Australian flag, then thanking (bowing to) the Club Instructor, then thanking (bowing to) the Assistant Instructor and then lastly acknowledging (bowing to) the most senior student. Students are still required to follow the normal bowing etiquette prior to training commencement. The second most senior student has the honour to conduct the ceremony as follows:

"Class Charyot (attention); face National Flag, Kyunge (bow)"

"Gwanjangnim-gae (respect to Master Instructor), Kyunge (bow)"

... "Anyong-hash-a-mik-a" (formal hello – optional student response)

"Sabomnim-gae (respect to teacher), Kyunge (bow)"

... "Anyong-hash-a-mik-a" (formal hello – optional student response)

"Sunbaenim-gae (respect to highest student), Kyunge (bow)"

... "Gumsa-Hammida" (thank you – optional student response)

... "Sugo-Hashis-Simmada" (you trained well – optional coach response)

Pronounced:

*Chary-Yacht, Kyung-e

*Gwan-jang-nim-gae, Kyung-e

*Sab-om-nim-gae, Kyung-e

*SsoonBay-nim-gae, Kyung-e

*Gum-sa-Hummer-dar

*Sue-go-Hashes-Simmer-dar

- Students must take pride in the **appearance of the dojang** and assist with keeping it clean and neat at all times. Tables and chairs should not be stored at the sides of the training area. The floor should be swept prior to commencement of class. Training flags should be hung by senior students prior to commencement of class.
- If the dojang has **floor mats**, students should arrive early to assist in the set-up and stay after class to pack them away. Mats should be stored so that the top of the mat faces the top (and so that the bottom of the mat faces the bottom). This will ensure dirt is not transferred to the mat in storage.

CROSS TRAINING (TAEKWONDO SPARRING)

Permission to Train: training in the Taekwondo tournament specific class is a privilege, not a right. It is considered to be training in addition to your normal weekly classes. To be eligible to train in these classes, the following must be satisfied:

- Must be a financial member for the month (present your training card to Club Instructor).
- Regularly attend at least 2 other Taekwondo classes per week in addition to the tournament class (training card shows attendance).
- Permission from your Club Instructor.
- Permission from the parent/guardian in the case of under 15.

SUN BAE KOREAN MARTIAL ARTS OATH

*I will always give respect and loyalty to the
Master Instructor, the Instructors and my club.*

*I will endeavour to attain a high standard of physical
fitness
and develop my character and personal integrity.*

*I will approach others with a spirit of friendship
and heed social ethics at all times.*

JIDOKWAN CREED

For Myself,

For My Club,

For My Nation.

AWARDS NIGHT

Sun Bae awards students for their achievements over each year. The awards night is normally held at the end of the year one week after the grading in November. The night sometimes includes a range of martial art footage which is shown on the big screen or perhaps some demonstrations. Trophies and certificates are awarded to members for the following:

Technical Excellence Award

(Trophy for 3 or more Grading Honours)

Instructor's Personal Award

(Trophy for a winner from each centre)

Sun Bae Award

(Trophy for winners & runner-ups)

(Based upon points awarded during year for SoY)

Student of the Year

Junior & Adult

(Trophy for winners & runner-ups)

(Based upon points awarded during year for SoY)

Sun Bae Championship Team

(Medal for 1st, 2nd, 3rd place: for each team member)

Sun Bae Patterns Champions

(Trophy for winner of each belt division)

Black Belt "Yudanja" Award

(Trophy for winner, certificates for all others)

(Based upon points awarded during year for SoY)

Instructors & Assistants

(Certificates & Plaques)



SUN BAE CHAMPIONSHIPS

Students, Parents and Instructors:

The **Sun Bae Taekwondo Technical Club Championship** is a non-contact team event. Students display patterns, high kick & power breaking with 4 AGE divisions for each COLOUR belt (19 divisions). Gold, silver and bronze medals will be awarded in each division. A trophy will be awarded for the individual Club Champion (yellow-blue-red-black). Also, an overall Club Trophy will be awarded to the winning Club (i.e. club with best medal count). Each member of the 1ST, 2ND and 3RD placed clubs will each receive a team medal, presented at our Awards Night.

Canteen will include soft drinks, coffee (professionally made), hot chocolate, iced milk, slushies etc. The **Sun Bae Side-Show** will feature :

- 1) Board Breaking Machine!!!
(for coloured belts of all ages)
- 2) Stretching machine (contest)
- 3) Skip ropes (contest) &
- 4) High kick machine (contest)

There are side show prizes for everyone. It promises to be a fun and exciting morning. Good luck and I wish all the best.

Bradley Tatnell
Master Instructor

Proposed Time Table

7:15	Doors open- arrive
7:45	Team meeting & registration
8:00	Competition commences
12:45	Expected finish

EVENT INFORMATION

Sunday Morning
Date and Location
per Sun Bae Calendar
WWW.SUNBAE.NET

Closing Date: **weekend before**
Return entry to your Instructor

NIL ENTRY FEE

Entry fee is part of the Sun Bae Annual Fee
NO CHARGE for the event.
(but you might need some coins for the Side-Show)

AWARDS

- Gold-Silver-Bronze Division medals for individual patterns/high kick/breaking.
- Trophy to winner/runner-up for Club Patterns Champion - belt division (no age)
- Club trophy - overall club winner - presented to Club Instructor.
- All competitors to receive certificate award.
- Competitors from 1ST, 2ND & 3RD placed clubs all receive team medal.

INDIVIDUAL PATTERN EVENTS

Belt Division	Patterns
White	Basic pattern
Yellow	Taeguk 1 (Il Jang)
Blue	Taeguk 4 (Sa Jang)
Red	Taeguk 7 (Chil Jang)
Black	Koryo II * (No Jnr division)

- All events are a 2 way playoff to sudden death. Winners move on to next round until an overall division winner is determined.
- Judged on technical correctness, application of technique (artistic), etiquette including correct uniform & neatness.

PATTERN AGE DIVISIONS

Age Division	Age
Junior	Age 5-9 inclusive
Intermediate	Age 10 - 14 inclusive
Adult	Age 15 – 29 inclusive
Seniors	Age 30 +

OTHER EVENTS

- Highest jumping kick (main event - all)
- Power tile breaking (main event -black belts)
- Board breaking (sideshow - coloured belts)
- Skipping contest (sideshow - all)
- Stretching contest (sideshow - all)
- Sword cutting contest (Kumdo)

SUN BAE COMPETITORS CODE OF CONDUCT

PERMISSION TO TRAIN

Training in the tournament specific class is a privilege not a right. It is considered to be training in addition to your normal weekly classes. To be eligible to train in these classes, the following must be satisfied:

- (a) Financial member for the month (present your training card to Senior Coach).
- (b) Regularly attend at least 2 other classes per week in addition to the tournament class (training card shows attendance).
- (c) Permission from your Club Instructor.
- (d) Permission from the parent/guardian in the case of under 15.

PERMISSION TO COMPETE

To be eligible to compete, the following must be satisfied:

- (a) Financial member for the month (training card is up to date).
- (b) Regularly attend at least 2 normal classes per week as well as the tournament classes (when operating).
- (c) Recommendation from your Club Instructor.
- (d) Recommendation from the Senior Tournament Coach.
- (e) Approval from Master Instructor (sought by Senior Coach).
- (f) Permission from the parent/guardian in the case of under 15.
- (g) Insurance is up to date.
- (h) Competition form is completed with fee on or before due date.

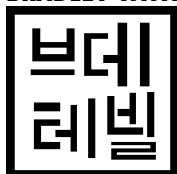
COMPETITOR CONDUCT

Members of Team Sun Bae are representing our club when they are present at any outside event. It is expected that all members of Sun Bae conduct themselves in an appropriate martial art manner. You should be aware that the event/competition may involve some other clubs that are not Martial Arts (i.e. they are sport only) and their conduct may differ from ours. All students must obey the following:

- (a) Display a high level of sportsmanship on and off the competition court.
- (b) Display politeness, discipline and humility at all times.
- (c) Obey the instruction and wishes of your coach.

Failure of a team member to act properly reflects on the reputation of the entire club and team members will be harshly dealt with. Improper actions may lead to termination from the Team and in serious cases from the Club.

MASTER INSTRUCTOR
BRADLEY TATNELL



SUN BAE COACH CODE OF CONDUCT

DEFINITIONS

“COACH”: refers to the competitor’s teacher. The Coach must be a Club Instructor. It is the responsibility of the Coach to train and prepare the competitor for competition. The Coach may appoint a “second” for the day of competition for the competitor.

“SECOND”: refers to the competitor’s “on court” coach or helper. It is not necessary that the Second be a Club Instructor or even a black belt. However, the Second must be approved by the competitor’s Club Instructor. The competitor is allowed to recommend their own second. The final decision will be made by the competitor’s Club Instructor. In the case of junior competitors, the parent’s wishes will also be taken into account.

CONDUCT

When Sun Bae visits a competition training or tournament event, we are represented by our Coaches and our Seconds. Accordingly, Coaches and Seconds must act in a Martial Art manner.

All enquiry or dealings with any Association or Tournament Official is to be strictly dealt with by only Club Instructors although Seconds may be asked from time to time to interact with certain officials.

Any problem or dispute at Tournaments (e.g. incorrect weight, etc) must firstly be brought to the attention of the Coach who will decide how it is to be handled.

All Coaches and Seconds must obey the following:

- (a) Display a high level of sportsmanship on and off the competition court.
- (b) Display politeness, discipline and humility at all times.
- (c) Obey the instruction and wishes of the Senior Coach.

Failure of a Coach or Second to act properly reflects on the reputation of the entire club and will be harshly dealt with. Improper actions may lead to termination from the Team and in serious cases from the Club.

**MASTER INSTRUCTOR
BRADLEY TATNELL**



[illegible]

GRADINGS

COMPLETE RECORD OF GRADING				
DATE	PLACE	RANK	RATING	EXAMINER (SIGNATURE)
		WHITE		
		WHITE - YELLOW		
		WHITE - BLUE		
		WHITE - RED		
		WHITE - BROWN		
		WHITE - BLACK		
		YELLOW I		
		YELLOW II		
		YELLOW III		
		BLUE I		
		BLUE II		
		BLUE III		
		RED I		
		RED II		
		RED III - WHITE		
		RED III - YELLOW		
		RED III - BLUE		
		RED III - RED		
		RED III - BLACK		
		BLACK		
		1ST DAN		
		DEMO		
		2ND DAN BO		
		2ND DAN		
		DEMO		
		3RD DAN BO		
		3RD DAN		

WHITE BELT GRADING SYLLABUS										
PRESENT RANK	TO RANK	PATTERN	#	MIN WAIT TIME	BASICS	PHYSICAL	KICKS	1 STEP	SPAR	TERMS
White	Yellow stripe	KIBON: LINE 1	4	6 CLASS	HORSE PUNCH SINGLE DOUBLE TRIPLE	STRETCHING	FRONT STRETCH FRONT (BODY)			
Yellow stripe	Blue stripe	KIBON: LINE 1-2	8	6 CLASS	LOW BLOCK FACE BLOCK BODY PUNCH	10 PUSH UPS 10 SIT UPS 10 BURPEES	JUMPING FRONT			
Blue stripe	Red stripe	KIBON: LINE 1-3	12	6 CLASS	OUTER BLOCK INNER BLOCK BODY BLOCK		FRONT (FACE) HIGH (CHIN) JUMPING HIGH (CHIN)			
Red stripe	Brown stripe	KIBON: LINE 1-4	16	6 CLASS	KNIFEHAND STRIKE SIDE PUNCH BACK FIST BOTTOM FIST		RUNNING FRONT PUSHING FRONT AXE	MAX 1 MOVE		
Brown stripe	Black stripe	KIBON: ALL	20	6 CLASS	ASSISTING BLOCK DBLE KNIFE BLOCK STANCE (ADV) STANCE (TURN)		COMBOS	MAX 2 MOVE	KICKS ONLY	✓
Black stripe	Yellow I	KIBON: ALL	20	6 CLASS	ALL	ALL	ALL	MAX 3 MOVE	KICKS ONLY	✓

Note: each grading test is cumulative and the grading applicant must perform all listed on that level as well as all the previous levels. White-Black grading performed before Master Instructor. Refer to the explanation notes for each requirement.

[illegible]

WHITE BELT GRADING EXPLANATIONS			
SYLLABUS	CATEGORY	TECHNIQUE	NOTES
BASICS	STANCES BASIC	HORSE STANCE FRONT STANCE BACK STANCE	MOVING FWD MOVING BACK TURNING SPINNING COMBINATIONS
	STANCES ADVANCED	STEPPING SLIDING EDGING (SINGLE) EDGING (MULTIPLE) SWITCHING (SINGLE) SWITCHING (SIDEWAYS) SWITCHING (MULTIPLE) FAKING	MOVING FWD MOVING BACK COMBINATIONS BACK STANCE INVERTED HORSE STANCE
	HORSE PUNCH	SINGLE DOUBLE TRIPLE	HIGH BODY LOW COMBINATIONS
	FRONT STANCE	FACE PUNCH (FWD) FACE BLOCK (BACK) BODY PUNCH (FWD) OUTER BLOCK (BACK) LOW PUNCH (FWD) LOW BLOCK (BACK) BODY PUNCH (FWD) BODY BLOCK (BACK) BODY PUNCH (FWD) INNER BLOCK (BACK)	FACING FRONT (FORWARD & BACK) WITH TURNING COMBINATIONS
	BACK STANCE	OUTSIDE KNIFEHAND STRIKE (FWD) DOUBLE KNIFEHAND BLOCK (BACK) SIDE PUNCH (FWD) INNER BLOCK (BACK) BACK FIST FRONT STRIKE (FWD) BODY BLOCK (BACK) BACK FIST SIDE STRIKE (FWD) OUTER BLOCK (BACK) BOTTOM FIST STRIKE (FWD) ASSISTING BLOCK (BACK)	FACING FRONT (FORWARD & BACK) WITH TURNING COMBINATIONS
PHYSICAL	STRETCHING	FRONT KICK STRETCH SIDE KICK STRETCH ROUND KICK STRETCH (SQUAT)	
	CONDITIONING	10 PUSH UPS 10 SIT UPS 10 BURPEES	PUSH UPS ON KNUCKLES (MEN) & PALMS (LADIES)
KICKS	FRONT STANCE	FRONT STRETCH FRONT KICK	CROSSING BLOCK
	BACK STANCE	FRONT KICK JUMPING FRONT KICK HIGH KICK JUMPING HIGH KICK RUNNING FRONT KICK PUSHING FRONT KICK AXE KICK	COMBINATIONS
1 STEP	FACE PUNCH	PUNCHING KICKING	ATTACK WITH RIGHT PUNCH DEFEND WITH MAXIMUM 1 MOVE HAND DEFENCE WITH CLOSED FIST ONLY KICK DEFENCE WITH FRONT, SIDE OR JUMP FRONT FINISH WITHIN 1 SECOND
SPARRING	MODIFIED	KICKS ONLY	NO PUNCHING OR HAND STRIKES NO CONTACT
TERMS	NUMBERS	ALL	
	COMMANDS	GENERAL	
CONCENTRATE ON: (1) TECHNIQUE (2) SPEED (3) SPIRIT			
PATTERN POINT TO PUNCH & TWIST FIST AT IMPACT CROSS TO BLOCK & TWIST FIST AT IMPACT FRONT STANCE - BACK LEG STRAIGHT FRONT STANCE - SHOULDERS SQUARE LOOK AT TARGET DO NOT RUSH BREATHE FAST & SHOUT VERY LOUD		BASICS FIST & FOOT SHAPE LOW STANCES BALANCE AND TURNING "START" POSITION FOR EACH TECHNIQUE "FINISH" POSITION FOR EACH TECHNIQUE ACCURACY OF PUNCHES, BLOCKS & KICKS SPEED OF DELIVERY ALWAYS ACCELERATING	OTHER RECOIL OF KICKS BREATHING TO CONTROL MOVEMENTS POLITE MANNER & ETIQUETTE REGULAR CLASS ATTENDANCE ARRIVE AT CLASS EARLY

CONCENTRATE ON: (1) TECHNIQUE (2) SPEED (3) SPIRIT		
<p>PATTERN</p> <p>STRONGER RATHER THAN FASTER LOOK FIRST BEFORE TURNING AIM TECHNIQUE AT CORRECT HEIGHT FOOTWORK MOSTLY CENTRES EACH MOVE</p>	<p>ONE STEP</p> <p>FINISH WITHIN 2 SECS (1-3 MOVES ONLY) SIMPLE, BUT POWERFUL & ACCURATE</p>	<p>OTHER</p> <p>LOUD KIHAP (SHOUTING) CORRECT BOWING & READY POSITION CORRECT VERBAL RESPONSE TO ORDERS UNIFORM (CLEAN, BADGES, BELT LENGTH, ETC) LEARN THE POOMSAE KOREAN TERMS</p>
<p>KICKING</p> <p>FOOTSHAPE START POSITION (FOOT AT KNEE HEIGHT) SPEED OF KICK (FASTER AT END) RECOIL</p>	<p>SPARRING</p> <p>USE PRACTICAL MOVES ONLY ACTIVE STANCE WITH BOUNCE FOOTWORK (EDGE, SLIDE, SWITCH, ETC) COMBINATION KICKS PUSH KICK TO ATTACK KICK FIRST THEN HANDS SHOUT VERY LOUD</p>	

[illegible]

RED III GRADING STAGES

PRESENT RANK	TO RANK	WAIT TIME	PATTERN	1 STEP	BOARD BREAK	KICKS	TERMS	TEACH	SPAR	PHYSICAL
White stripe	Yellow stripe	3 MTH	TAEGEUK 1-8 KORYO I & II							
Yellow stripe	Blue stripe	3 MTH	✓	BODY FACE FRONT SIDE SELF DEF						
Blue stripe	Red stripe	3 MTH	✓	✓	SIDE ROUND SPIN HEEL *	JUMP KICK SPIN KICK 360 KICK	✓	✓	✓	✓
Red stripe	Black stripe	ATTENDED 3 TRIALS	✓	✓	✓	✓	✓	✓	✓	✓

Promotion from RED III (red) to RED III (black) only awarded at 1st gup trials.
 Successful promotion results in compulsory dan demo test at next available grading.
 Full Grading: compulsory to break minimum number boards

KOREAN TERMS FOR RED III GRADING

Charyot	Attention	Hanna	One
Kyunge	Bow	Dool	Two
Jumbi	Ready	Set	Three
Dora	Turn	Net	Four
Shyo	Relax	Tasut	Five
Keuman	Stop	Yulsut	Six
Paro	Return to ready	Ilgolp	Seven
Kihap	Shout with spirit	Yodol	Eight
Sabomnim	Instructor	Ahop	Nine
Gwanjangnim	Master Instructor	Yul	Ten
Dojang	Training hall		
Dobok	Uniform		
Arae	Low	IL	First
Momtong	Body	E	Second
Olgul	Face	Sam	Third
		Sa	Fourth
Ap	Front	O	Fifth
Yop	Side	Yuk	Sixth
Dollyo	Round	Chil	Seventh
Dwit	Back	Pal	Eighth
An	Inner	Makki	Block
Bakkat	Outer	Chigi	Strike
Nullo	Downward	Jireugi	Punch
Ollyo	Upward	Tzireugi	Poke
		Chagi	Kick
		Seogi	Stance
		Tzireugi	Poke
Ap Seogi	Walking stance	Baro Jireugi	Regular punch
Apkubi Seogi	Front stance	Bandae Jireugi	Irregular punch
Dwitkubi Seogi	Back stance	Dubeon Jireugi	Double punch
Juchum Seogi	Horse stance	Jecho Jireugi	Inverted punch
Naranhi Seogi	Parallel stance	Sewo Jireugi	Vertical punch
Moa Seogi	Closed stance		
Oreun Seogi	Right stance	Gullyo	Running
Wen Seogi	Left stance	Ddlo	Jumping
Beom Seogi	Cat stance	Nullo	Downwards
Koa Seogi	Crossed stance	Mireo	Pushing
		Huryo	Spinning
Han Beon Gyorugi	One step sparring	Nakka	Hooking
Gyokpa	Breaking		
Kukkiwon	World Taekwondo HQ		
Hwejangnim	President		

DAN GRADING SYLLABUS

GUP-DAN (RANK)	PATTERNS	KICKS	PTR (1 STEP)	PTR (DEF)	BREAKS	SPAR	PATTERN TERMS & MEANING	TEACHING
1 st Gup to BLACK	KORYO I KORYO II TAEGEUK 1-8	JUMP KICK SPIN KICK 360 KICK	BODY FACE FRONT SIDE	3 GRAB 3 KNIFE	SIDE (2) RND (2) 2 CNR	✓	KORYO I	✓
BLACK to 1 st Dan	KORYO I KORYO II TAEGEUK 1-8	JUMP KICK SPIN KICK 360 KICK	BODY FACE FRONT SIDE	3 GRAB 3 KNIFE	BACK (2) 2 CNR	✓	KORYO II	✓
1 st Dan to 2 nd Dan	KORYO II KEUMGANG TAEBAEK	ANY	PUNCH KICK	GRAB KNIFE STICK	AXE (2) 4 CNR	✓	KEUMGANG TAEBAEK	✓
2 nd Dan to 3 rd Dan	KEUMGANG TAEBAEK PYONGWON	ANY	PUNCH KICK	GRAB KNIFE STICK	360 (2) 4 CNR	✓	PYONGWON	✓
3 rd Dan to 4 th Dan	TAEBAEK PYONGWON SIPJIN	ANY	PUNCH KICK	GRAB KNIFE STICK	ANY (3) 4 CNR	✓	SIPJIN	✓ & ESSAY
4 th Dan to 5 th Dan	PYONGWON SIPJIN JITAE	ANY	PUNCH KICK	GRAB KNIFE STICK	4 CNR	✓	JITAE	✓ & ESSAY
5 th Dan to 6 th Dan	SIPJIN JITAE CHONKWON	ANY	PUNCH KICK	GRAB KNIFE STICK	4 CNR	✓	CHONKWON	✓ & ESSAY
6 th Dan to 7 th Dan	JITAE CHONKWON HANSU	ANY	PUNCH KICK	GRAB KNIFE STICK	4 CNR	✓	HANSU	✓ & ESSAY
7 th Dan to 8 th Dan	CHONKWON HANSU ILYO	ANY	PUNCH KICK	GRAB KNIFE STICK	4 CNR	✓	ILYO	✓ & ESSAY

"PATTERN TERMS & MEANING"

- Recite Korean for each move of pattern (exclude stances).
- Explain meaning of pattern.

"TEACHING":

- Questions to applicant are mostly about teaching:
 - show or explain how to teach certain techniques.
 - knowledge of technique mechanics, why/how a technique works.
 - philosophy of teaching (ie wrong vs right vs different technique).
 - other questions related to teaching.
 - show technique with Korean name.
- No questions will be asked about political, religious (or what might be considered religious) or history.

DAN MINIMUM WAITING TIME

CURRENT RANK	APPLIED RANK	KUKKIWON MINIMUM WAITING TIME	SUN BAE MINIMUM WAITING TIME	SUN BAE MINIMUM AGE	COMMENTS
1 st GUP	BLACK	-	1 YEAR	11	
BLACK	1 st DAN	-	1 YEAR	13	
1 st DAN	2 nd DAN	1 YEAR	2 YEARS	16	BO MINIMUM AGE 14
2 nd DAN	3 rd DAN	2 YEARS	3 YEARS	19	ATTAINED HAPKIDO RED BELT RANK
3 rd DAN	4 th DAN	3 YEARS	4 YEARS	23	ATTAINED HAPKIDO BLACK BELT RANK
4 th DAN	5 th DAN	4 YEARS	5 YEARS	28	
5 th DAN	6 th DAN	5 YEARS	6 YEARS	34	
6 th DAN	7 th DAN	6 YEARS	7 YEARS	41	
1. The Kukkiwon minimum time is based upon no less than 4 lessons per week class attendance, which is expected norm in Korea. The Sun Bae minimum time is based upon no less than 2 lessons per week continuous class attendance (which is usual in Australia). Proof of attendance is required. 2. Attendance to the periodical Sun Bae Dan trials is required in accordance with the minimum time period (or 3 per annum). 3. It should be noted that the waiting period stipulated above is the minimum time only, not the expected time. Applicants must be able to show the appropriate level of involvement and experience and most importantly be able to meet the minimum skill requirements for the applied rank. Simply applying for a grading test does not guarantee a pass mark. 4. Time spent on a rank in excess of the minimum time will be taken into account for future gradings which will more readily allow an application which is at the minimum time. 5. Applicants must first be recommended by their Club Instructor. If there is a history of more than one Club Instructor, that previous Instructor may need to be consulted.					

BOARD BREAKING					
CURRENT RANK	AGE 10-14	AGE 15-29	AGE 30+	AGE 40+	NOTES
Red III (blue) to Red III (red)	ROUND KICK (1) SIDE KICK (1) SPIN KICK (1)	ROUND KICK (2) SIDE KICK (2) SPIN KICK (1)	ROUND KICK (2) SIDE KICK (2) SPIN KICK (1)	ROUND KICK (2) SIDE KICK (2) BACK KICK (1)	Perform for Club Instructor . Must break all to pass.
Red III to Black	CORNER (1+1+1): SIDE KICK RND KICK HAND/ELBOW CORNER (1+1+1): SPIN KICK JUMP KICK AXE or FLYING KICK (BREAK 4/6)	POWER BREAK: SIDE KICK (2) ROUND KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/7)	POWER BREAK: SIDE KICK (2) ROUND KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND (BREAK 4/7)	POWER BREAK: SIDE KICK (2) ROUND KICK (2) CORNER (1+1+1): BACK KICK JUMP or AXE KICK HAND (BREAK 4/7)	Perform for Master Instructor . Must break minimum number to pass. Applicant minimum age 10. BELTS Age 10-14... Poom (Black-Red) Age 15+... Dan (Black)
Black to 1st Dan	POWER BREAK: BACK KICK (2) FLYING KICK (1) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/6)	POWER BREAK: BACK KICK (2) FLYING KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/7)	POWER BREAK: BACK KICK (2) FLYING KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/7)	POWER BREAK: BACK KICK (2) CORNER (1+1+1+1): ANY KICK ANY KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/6)	Perform for Master Instructor . Must break minimum number to pass. Applicant minimum age 12. Females exempt from flying BELTS Age 12-14... Poom (Black-Red) Age 15+... Dan (Black)
1st Dan to 2nd Dan	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	Perform for Master Instructor . Must break minimum number to pass. Applicant BO minimum age 14. Applicant DAN minimum age 16. BELTS Age 14... Poom Bo (Black-Red) Age 15... Dan Bo (Black) Age 16+... Dan (Black)
2nd Dan to 3rd Dan		POWER BREAK: 360 BACK (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: 360 BACK (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: 360 BACK (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	Perform for Master Instructor . Must break minimum number to pass. Applicant DAN minimum age 19. BELTS Age 19... Dan (Black)
3rd Dan to 4th Dan		POWER BREAK: ANY KICK (3) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/7)	POWER BREAK: ANY KICK (3) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/7)	POWER BREAK: ANY KICK (3) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/7)	Perform for Master Instructor . Must break minimum number to pass. Applicant DAN minimum age 23. BELTS Age 23+... Kukkiwon Dan (Black)
4th Dan & above		CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 3/4)	CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 3/4)	CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 3/4)	Perform for Master Instructor . Must break minimum number to pass. BELTS Age 28+... Dan (Black)
ADVANCED KICKING IDEAS (in general order of difficulty): * Flying over students * Flying through tunnel * Twin front kick * Split kick (flying + twisting) * 360 spin heel kick * Jumping spin heel kick * 360 back kick * 360 round kick * Jumping back kick * Jumping round kick * Spin heel kick * Jumping axe kick * Jumping high kick * Twisting kick * Sliding back kick * Sliding axe kick * Running kick * Sliding side kick * Jumping front kick * Axe kick					

POOMSAE PHILOSOPHY

BELTS

White	<i>is the beginning..... it is the colour of the winter's snow that covers the newborn seed. It represents purity and any other colour added will change its reflection. Students at this level commence their journey of knowledge.</i>
Yellow	<i>is the warmth of the winter's sun that melts the snow and allows the seed to grow. Students at this level are building a strong foundation much like the plant's roots reaching into the soil to take hold.</i>
Blue	<i>is the colour of the sky and the heavens towards which we all aspire to. The natural direction of the growing plant is always upwards. Students at this level are reaching new heights of learning.</i>
Red	<i>is the sign of danger and the colour of the setting sun. Those at this level have learned much but know very little.</i>
Black	<i>is the colour of mastery. No colour added to this can change it or improve it. Students at this level now start a new beginning. The apprenticeship of coloured belts is over and the road to understanding and the pursuit of perfection begins.</i>

KORYO

The word "Koryo" refers to the Koryo Dynasty of approximately 10th century to 14th Century (912~1392 AD). The importance of this Dynasty was that it developed Taekwondo more systematically than ever before so that Taekwondo might be used by their soldiers in the event of war. Military & Taekwondo training was compulsory. Only those with Taekwondo skill were allowed to join the army and only those who mastered Taekwondo were promoted to officers.

The line of Poomsae Koryo is represented by the Chinese letter which means "Sun Bae".

Poomsae Koryo symbolizes the Sun Bae and the Hwarangdo who were the best warriors but who were also learned righteous men of strong martial spirit. The Sun Bae descended from the Koguryo dynasty and the Hwarangdo descended from the Silla dynasty. Koguryo, Silla and Paekche dynasty's ended and the Koryo dynasty emerged as one. For the first time, the nation was unified and Korea was born - hence the similarity between the word "Koryo" and "Korea".

KEUMGANG

The word "Keumgang" literally means "diamond". Keumgang refers to Mt Keumgang which is situated on the Korean peninsula in North Korea. Mt Keumgang is a large mountain and is regarded as the centre of national spirit. Keumgang also refers to the Keumgang Yoksa (warrior) who was named by Buddha and represents the mightiest warrior.

The line of Poomsae Keumgang is represented by the Chinese letter which means "Mountain".

Poomsae Keumgang symbolizes hardness and strength, wisdom and virtue. The movements of the poomsae are to be powerful and well-balanced.

TAEBAEK

The word "Taebaek" is the name of a mountain range which literally means "Bright Mountain". Taebaek refers to the place where a holy man called Tan Gun founded and reigned the Korean nation in 2333 BC. The Bright Mountain symbolizes Tan Gun's thought of humanitarian ideals. There are many sites known as Taebaek, however, Mt Paektu has been widely recognised as the original site.

The line of Poomsae Taebaek is represented by the Chinese letter which symbolizes the bridge between Heaven and the Earth showing that the Nation was founded by the Heaven's order.

Poomsae Taebaek movements are made up of mostly momtong makkis and chigis.

PYONGWON

The word "Pyongwon" literally means "a plain" or a vast stretched out land. Pyongwon refers to the plain or the land which is the source of life for all creatures including humans. It was based upon the idea of peace and struggle resulting from the principles of origin and our usage of the resources. Pyongwon also characterises the ideas of being simple, plain and unpretentious.

The line of Poomsae Pyongwon is a straight horizontal line which symbolizes the origin and the transformation of the plain.

Poomsae Pyongwon symbolizes the beginning and source of human life and its transformation. Pyongwon also makes a comparison of the force in our lower abdomen (being the source of our body strength) with the land, being the source of human life.

SIPJIN

The line of Poomsae Sip Jin is represented by the Chinese letter which symbolizes "10".

The word "Sip Jin" literally means "decimal point". The idea of the decimal point suggests a perfect numerical system of infinite numbering and ceaseless development. The word Sip Jin was derived from the thought of 10 longevity which advocates 10 creatures of long life that are spilt into categories of 2 heavenly bodies (sun & moon), 3 natural resources (water, mountain & stone), 2 plants (tree & herb) and 3 animals (tortoise, deer & crane). These give humans hope, faith & caring.

Poomsae Sip Jin symbolizes the 10 creatures of life. That is why there are 10 new techniques in the poomsae.

JITAE

The line of Poomsae Jitae signifies a man standing on the earth to spring up to the heaven.

The word "Jitae" literally means "a man standing on the ground with two feet, looking over the sky".

A man on the earth represents the way of struggling for life, such as kicking, treading and jumping on the ground. Therefore Poomsae Jitae symbolizes various aspects which occur in the course of our (human beings) struggle for existence.

CHONKWON

The word "Chonkwon" literally means "Heaven's Great Mighty" which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion.

Poomsae Chonkwon is characterised by movements with large actions and arm actions forming gentle curves, a symbol; of the greatness of Chonkwon thought.

The line of Poomsae Chonkwon ("T") symbolizes a man coming down from the Heaven, submitting to the will of Heaven, being endowed by the power of the Heaven and worshipping the Heaven, which means the oneness between the heaven and the human being.

Chonkwon sublime history and thoughts...

Human beings have used the name of "Heaven" for all principal earthly shapes and meaning because they felt afraid of "Heaven's Mighty".

In 11,000BC, the founder of the Korean people, Hwanin, was called the "Heavenly King". He settled down in the "Heavenly Town" which he made the capital. It was near the heavenly sea and heavenly mountain where the Han people (who were the heavenly race) gave birth to the proper thought and actions from which Taekwondo originated.

HANSU

The line of Poomsae Hansu symbolizes the Chinese letter which means "water".

The word "Hansu" literally means "water", which is the source of all substance preserving the life and growing of all creatures.

Poomsae Hansu symbolizes birth of a life and growth, strength and weakness, magnanimity and harmony and adaptability. "Han" has various meanings: the name of a country, numerousness, largeness, evenness, longevity, the heaven and root of everything, etc. Above all, the nature of water characterised by unbreakableness and flexibility, is the background of the organising the Poomsae. Actions of the Poomsae should be practised softly like water, but continuously like a drop of water gathering to make an ocean.

KIBON POOMSAE - BASIC PATTERN (WHITE)

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Front	Low block	Arae Makki
2.	Front	Body punch	Bandae Jireugi
3.	Front	Low block	Arae Makki
4.	Front	Body punch	Bandae Jireugi
5.	Front	Low block	Arae Makki
6.	Front	Body punch	Bandae Jireugi
7.	Front	Body punch	Bandae Jireugi
8.	Front	Body punch (shout)	Bandae Jireugi (kihap)
9.	Front	Low block	Arae Makki
10.	Front	Body punch	Bandae Jireugi
11.	Front	Low block	Arae Makki
12.	Front	Body punch	Bandae Jireugi
13.	Front	Low block	Arae Makki
14.	Front	Body punch	Bandae Jireugi
15.	Front	Body punch	Bandae Jireugi
16.	Front	Body punch (shout)	Bandae Jireugi (kihap)
17.	Front	Low block	Arae Makki
18.	Front	Body punch	Bandae Jireugi
19.	Front	Low block	Arae Makki
20.	Front	Body punch	Bandae Jireugi
	Return	(left foot or front foot returns)	Paro

TAEGEUK 1 - IL JANG (YELLOW I)

Keon: the Heaven and "yang"

(symbolizes the beginning)

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Short	Low block	Arae Makki
2.	Short	Body punch	Bandae Jireugi
3.	Short	Low block	Arae Makki
4.	Short	Body punch	Bandae Jireugi
5-6.	Front	Low block & Body punch	Arae Makki & Momtong Baro Jireugi
7.	Short	Inside body block	Momtong An-Makki
8.	Short	Body punch	Baro Jireugi
9.	Short	Inside body block	Momtong An-Makki
10.	Short	Body punch	Baro Jireugi
11-12.	Front	Low block & Body punch	Arae Makki & Momtong Baro Jireugi
13.	Short	Face block	Olgul Makki
14.	Short	Front kick & Body punch	Ap Chagi & Bandae Jireugi
15.	Short	Face block	Olgul Makki
16.	Short	Front kick & Body punch	Ap Chagi & Bandae Jireugi
17.	Front	Low block	Arae Makki
18.	Front	Body punch (shout)	Bandae Jireugi (kihap)
	Return	(left foot or back foot returns)	Paro

TAEGEUK 2 - E JANG (YELLOW II)

Tae: inner firmness and outer softness.

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Short	Low block	Arae Makki
2.	Front	Body punch	Bandae Jireugi
3.	Short	Low block	Arae Makki
4.	Front	Body punch	Bandae Jireugi
5.	Short	Inside body block	Momtong An-Makki
6.	Short	Inside body block	Momtong An-Makki
7.	Short	Low block	Arae Makki
8.	Front	Front kick & Face punch	Ap Chagi & Olgul Bandae Jireugi
9.	Short	Low block	Arae Makki
10.	Front	Front kick & Face punch	Ap Chagi & Olgul Bandae Jireugi
11.	Short	Face block	Olgul Makki
12.	Short	Face block	Olgul Makki
13.	Short	Inside body block	Momtong An-Makki
14.	Short	Inside body block	Momtong An-Makki
15.	Short	Low block	Arae Makki
16.	Short	Front kick & Body punch	Ap Chagi & Bandae Jireugi
17.	Short	Front kick & Body punch	Ap Chagi & Bandae Jireugi
18.	Short	Front kick & Body punch (shout)	Ap Chagi & Bandae Jireugi (kihap)
	Return	(left foot or back foot returns)	Paro

TAEGEUK 3 - SAM JANG (YELLOW III)*Ri: Sun, fire and light. Brightness and intelligence.**(symbolizes justice)*

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Short	Low block	Arae Makki
2.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
3.	Short	Low block	Arae Makki
4.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
5.	Short	Swallow strike	Jebi-poom Hansonnal Mok Chigi
6.	Short	Swallow strike	Jebi-poom Hansonnal Mok Chigi
7.	Back	Single knifehand body block	Hansonnal Makki
8.	Front	Body punch	Baro Jireugi
9.	Back	Single knifehand body block	Hansonnal Makki
10.	Front	Body punch	Baro Jireugi
11.	Short	Inside body block	Momtong An-Makki
12.	Short	Inside body block	Momtong An-Makki
13.	Short	Low block	Arae Makki
14.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
15.	Short	Low block	Arae Makki
16.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
17.	Short	Low block & Body punch	Arae Makki & Baro Jireugi
18.	Short	Low block & Body punch	Arae Makki & Baro Jireugi
19.	Short	Front kick, Low block & Body punch	Ap Chagi & Arae Makki & Baro Jireugi
20.	Short	Front kick, Low block & Body punch (shout)	Ap Chagi & Arae Makki & Baro Jireugi (kihap)
	Return	(left foot or back foot returns)	Paro

TAEGEUK 4 - SA JANG (BLUE I)*Jin: thunder.**(symbolizes power and dignity)*

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Back	Double knifehand block	Sonnal Momtong Makki
2.	Front	Assisting spearhand to body	Pyonsongkeut Sewo Tzireugi
3.	Back	Double knifehand block	Sonnal Momtong Makki
4.	Front	Assisting spearhand	Pyonsongkeut Sewo Tzireugi
5.	Front	Swallow knifehand to neck	Jebi-poom Mok Chigi
6.	Front	Front kick & body punch	Ap Chagi & Momtong Baro Jireugi
7-8.	Back	Side kick, Side kick & Double knifehand block	Yop Chagi, Yop Chagi & Sonnal Momtong Makki
9.	Back	Outer block	Bakkat Makki
10.	Back	Front kick & Inside body block	Ap Chagi & Momtong An-Makki
11.	Back	Outer block	Bakkat Makki
12.	Back	Front kick & Inside body block	Ap Chagi & Momtong An-Makki
13.	Front	Swallow knifehand to neck	Jebi-poom Mok Chigi
14.	Front	Front kick & Back fist to face	Ap Chagi & Deung Jumeok Ap Chigi
15.	Short	Body block & Body punch	Momtong Makki & Baro Jireugi
16.	Short	Body block & Body punch	Momtong Makki & Baro Jireugi
17-18.	Front	Body block & Double punch	Momtong Makki & Dubeon Jireugi
19-20.	Front	Body block & Double punch (shout)	Momtong Makki & Dubeon Jireugi (kihap)
	Return	(left foot or back foot returns)	Paro

TAEGEUK 5 - O JANG (BLUE II)*Seon: wind and wood.**(symbolizes penetrating might and flexible calm)*

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Front	Low block	Arae Makki
2.	Left	Bottom fist	Me Jumeok Chigi
3.	Front	Low block	Arae Makki
4.	Right	Bottom fist	Me Jumeok Chigi
5.	Front	Body block, Inside body block	Momtong Makki & Momtong An-Makki
6.	Front	Front kick, Back fist & Inside body block	Ap Chagi & Deung Jumeok Ap-Chigi & Momtong An-Makki
7.	Front	Front kick, Back fist & Inside body block	Ap Chagi & Deung Jumeok Ap-Chigi & Momtong An-Makki
8.	Front	Back fist to face	Deung Jumeok Ap-Chigi
9.	Back	Single knifehand block	Hansonnal Momtong Makki
10.	Front	Elbow strike (palm holding fist)	Palkup Dollyo Chigi
11.	Back	Single knifehand block	Hansonnal Momtong Makki
12.	Front	Elbow strike (palm holding fist)	Palkup Dollyo Chigi
13.	Front	Low block & Inside body block	Arae Makki & Momtong An-Makki
14.	Front	Front kick, Low block & Inside body block	Ap Chagi & Arae Makki & Momtong An-Makki
15.	Front	Face block	Olgul Makki
16.	Front	Side kick & Elbow target strike	Yop Chagi & Palkup Pyojeck Chigi
17.	Front	Face block	Olgul Makki
18.	Front	Side kick & Elbow target strike	Yop Chagi & Palkup Pyojeck Chigi
19.	Front	Low block & Inside body block	Arae Makki & Momtong An-Makki
20.	Crossed	Front kick & Back fist to face (shout)	Ap Chagi & Deung Jumeok Ap-Chigi (kihap)
	Return	(left foot or back foot returns)	Paro

TAEGEUK 6 - YUK JANG (BLUE III)

Gam: water

(symbolizes flow and softness)

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Front	Low block	Arae Makki
2.	Back	Front kick (step back) & Outer block	Ap Chagi & Bakkat Makki
3.	Front	Low block	Arae Makki
4.	Back	Front kick (step back) & Outer block	Ap Chagi & Bakkat Makki
5.	Front	Single knifehand twist block	Hansonnal Bitureo Makki
6.	Front	Roundhouse kick & Face outer block & Body punch	Dollyo Chagi & Bakkat Olgul Makki & Baro Jireugi
7.	Front	Front kick & Body punch	Ap Chagi & Baro Jireugi
8.	Front	Face outer block & Body punch	Bakkat Olgul Makki & Baro Jireugi
9.	Front	Front kick & Body punch	Ap Chagi & Baro Jireugi
10.	Parallel	Low wedging block (5 secs)	Arae Hecho Makki
11.	Front	Single knifehand twist block	Hansonnal Bitureo Makki
12.	Front	Roundhouse kick (shout) & Low block	Dollyo Chagi (kihap) & Arae Makki
13.	Back	Front kick (step back) & Outer block	Ap Chagi & Bakkat Makki
14.	Front	Low block	Arae Makki
15.	Back	Front kick (step back) & Outer block	Ap Chagi & Bakkat Makki
16.	Back	Double knifehand block	Sonnal Momtong Makki
17.	Back	Double knifehand block	Sonnal Momtong Makki
18.	Front	Palm heel body block & punch	Batangson Momtong Makki & Baro Jireugi
19.	Front	Palm heel body block & punch	Batangson Momtong Makki & Baro Jireugi
	Return	(Right foot or front foot returns)	(Step backwards to) Paro

TAEGEUK 7 - CHIL JANG (RED I)

Gam: mountain

(symbolizes majesty and tranquility)

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Cat	Inside palm heel body block	Batangson An-Makki
2.	Cat	Front kick & Body block	Ap Chagi & Momtong Makki
3.	Cat	Inside palm heel body block	Batangson An-Makki
4.	Cat	Front kick & Body block	Ap Chagi & Momtong Makki
5.	Back	Double knifehand low block	Sonnal Arae Makki
6.	Back	Double knifehand low block	Sonnal Arae Makki
7.	Cat	Palm heel body block	Batangson An-Makki
8.	Cat	Backfist to nose	Deung Jumeok Ap Chigi
9.	Cat	Palm heel body block	Batangson An-Makki
10.	Cat	Backfist to nose	Deung Jumeok Ap Chigi
11.	Closed	Ready stance (5 sec count)	Bo Jumeok (move left to right foot)
12.	Front	Scissors blocking	Kawi Makki (finish low fist near leg)
13.	Front	Scissors blocking	Kawi Makki (finish low fist near leg)
14.	Front	Wedging body block	Hecho Makki
15.	Crossed	Knee strike & Double inverted punch	Mureup Chigi & Doo Jecho Jireugi
16.	Front	Low block (assisted)	Arae Olgoreo Makki
17.	Front	Wedging body block	Hecho Makki
18.	Crossed	Knee strike & Double inverted punch	Mureup Chigi & Doo Jecho Jireugi
19.	Front	Low block (assisted)	Arae Olgoreo Makki
20.	Short	Backfist to temple	Deung Jumeok Bakkat Chigi
21.	Horse	Inside crescent target & Elbow target	Pyojeck An Chagi & Palkup Pyojeck Chigi
22.	Short	Backfist to temple	Deung Jumeok Bakkat Chigi
23.	Horse	Inside crescent target & Elbow target	Pyojeck An Chagi & Palkup Pyojeck Chigi
24.	Horse	Single knifehand block	Hansonnal Momtong Makki
25.	Horse	Side punch (shout)	Yop Jireugi (kihap)
	Return	(left foot or back foot returns)	Paro

TAEGEUK 8 - PAL JANG (RED II)

Gon: earth and "Yin" (positive).

(symbolizes beginning and end)

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Back	Assisting block	Kodureo Makki
2.	Front	Body punch	Baro Jireugi
3.	Front	Double jump Front kick (continuous) (shout) & Body block & Double punch	Doobal Dangseong Ap Chagi (kihap) & Momtong Makki & Dubeon Jireugi
4.	Front	Body punch	Bandae Jireugi
5.	Front	Part mountain block (look over shoulder)	We San Tuel Makki
6.	Front	Inverted punch to chin (Slow)	Dangkyo Teok Chigi
7.	Front	Part mountain block (look over shoulder)	We San Tuel Makki
8.	Front	Inverted punch to chin (Slow)	Dangkyo Teok Chigi
9.	Back	Double knifehand block	Sonnal Momtong Makki
10.	Front	Body punch	Baro Jireugi
11.	Cat	Front kick & Palm heel body block	Ap Chagi & Batangson An-Makki
12.	Cat	Double knifehand block	Sonnal Momtong Makki
13.	Front	Front kick & Body punch	Ap Chagi & Baro Jireugi
14.	Cat	Palm heel block	Batangson Makki
15.	Cat	Double knifehand block	Sonnal Momtong Makki
16.	Front	Front kick & Body punch	Ap Chagi & Baro Jireugi
17.	Cat	Palm heel block	Batangson Makki
18.	Back	Assisting low block	Kodureo Arae Makki
19.	Front	Front kick (hold), Jump Front kick (shout) & Body block & Double punch	Ap Chagi & Ddio Ap Chagi (kihap) & Momtong Makki & Dubeon Jireugi
20.	Back	Single knifehand block	Hanssonal Momtong Makki
21.	Front	Elbow (turning) to face	Palkup Dollyo Chigi
22.	Front	Back fist to nose	Deung Jumeok Ap-Chigi
23.	Front	Body punch	Bandae Jireugi
24.	Back	Single knifehand block	Hanssonal Momtong Makki
25.	Front	Elbow (turning) to face	Palkup Dollyo Chigi
26.	Front	Back fist to nose	Deung Jumeok Ap-Chigi
27.	Front	Body punch	Bandae Jireugi
	Return	(left foot or back foot returns)	Paro

POOMSAE KORYO I (JIDOKWAN) HISTORY

Prior to the formation of the Tae Soo Do Association (1961) which changed its name to the Korean Taekwondo Association (KTA) in 1965, there were 9 main Kwans of Taekwondo in Korea: Odokwan, Jidokwan, Chungdokwan, Jungdokwan, Moodukwan, Kangdukwan, Songmookwan, Hanmookwan and Changmookwan. Jidokwan was recognised as one of the larger and stronger Kwans and it is the school that Grandmaster Sung Soo Lee originated from. Jidokwan students traditionally came from civilian society rather than from military service.

At the end of WWII, the Japanese occupation of Korea February 1946, Jidokwan was originally established as midst of the Korean war (approx 1953), Master Chun Jidokwan. Later, all the Kwans unified in 1961 to form the Taekwondo Association and still exists today as Korea's including Jidokwan, it was still privately maintained by its Chun (founder), Gae Byung Yoon (1st), Chong Woo Lee Dan), who was a student of Chong Woo Lee, is the



also ended and the practice of Korean martial arts was revitalised. On 2 Chosun Yun Moo Kwan by the founder Master Sang Sub Chun. In the disappeared (presumed lost to the war) and the Kwan was renamed Tae Soo Do Association. In 1965, this was renamed the Korean representative Taekwondo association. Even though the Kwans unified, members. The Presidents of Jidokwan in order of service are: Sang Sub (2nd & 4th), Young Ki Pae (3rd) and Sung Wan Lee (5th). Sung Soo Lee (9th) President of Jidokwan in Australia.

Jidokwan is represented by two circles inside a larger third circle. The smaller symbol represents man, the second circle represents heaven and the larger circle represents the universe. Alternatively, this forms the creed of Jidokwan: **for yourself, for the club and for the nation**. The largest circle representing the universe or the nation has eight points located on the outside of the circle. These represent the tenets of Jidokwan: See rightly, Feel rightly, Think rightly, Speak rightly, Command rightly, Serve rightly, Have ability, Conduct with justice. Similarly, there are eight points (see meaning of Taegeuk), the cardinal and intercardinal points of the compass. The flower in the logo is a lily pad. Flowers symbolise peace, nobility and tranquillity (happiness). The lily pad symbolises life, health, honour, service and luck. The literal meaning of Jidokwan: Kwan=School Ji=wisdom do=way of.

POOMSAE KORYO I (JIDOKWAN)

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic Ready Stance	Kibon Jumbi Seogi
1.	Back	Double knifehand block	Sonnal Momtong Makki
2.	Front	Long knuckle (flat hand) strike to neck	Pyon Jumeok Chigi
3.	Horse	Side kick & Low X block	Yop Chagi & Olgoreo Arae Makki
4.	Front	Face block	Olgul Makki
5.	Front	Long knuckle strike to neck (shout)	Pyon Jumeok Chigi (kithap)
6.	Back	Single knifehand block	Hansonnal Momtong Makki
7.	Back	Body punch	Momtong Baro Jireugi
8.	Front	Knifehand wedging block	Sonnal Hecho Makki
9.	Crossed	Knee strike	Mureup Chigi
10.	Crossed	Low X block	Olgoreo Arae Makki
11.	Front	Inside wedging block	Anpalmok Hecho Makki
12.	Horse	Target elbow strike	Palkup Pyojeck Chigi
13.	Horse	Single knifehand low block	Hansonnal Arae Makki
14.	Back	Single knifehand block	Hansonnal Momtong Makki
15.	Back	Body block	Momtong Makki
16.	Back	Body block	Momtong Makki
17.	Front	Inner block	Anpalmok Bakkat Makki
18.	Front	Flat hand spearfinger strike	Pyonsonkkeut Opeo Tzireugi
19.	Front	Front kick	Ap Chagi
20.	Front	Jumping Front kick & Double punch (shout)	DDio Ap Chagi & Dubeon Jireugi (kithap)
	Return	(step forward with right)	Paro

POOMSAE KORYO II

	STANCE	TECHNIQUES	KOREAN
Start	Parallel	Barrel push - ready stance	Tongmilgi Jumbi Seogi
1.	Back	Double knifehand block	Sonnal Momtong Makki
2.	Front	Low & Body side kick & Outside knifehand	Kodeup Yop Chagi & Sonnal Bakkat Chigi
3.	Front	Body punch	Momtong Baro Jireugi
4.	Back	Body block	Momtong Makki
5.	Back	Double knifehand block	Sonnal Momtong Makki
6.	Front	Low & Body side kick & Outside knifehand	Kodeup Yop Chagi & Sonnal Bakkat Chigi
7.	Front	Body punch	Baro Jireugi
8.	Back	Body block	Momtong Makki
9.	Front	Knifehand low block & Arc hand strike	Hansonnal Arae Makki & Kaljaebi
10.	Front	Front kick & Knifehand low block & Arc hand	Ap Chagi & Sonnal Arae Makki & Kaljaebi
11.	Front	Front kick & Knifehand low block & Arc hand (shout)	Ap Chagi & Sonnal Arae Makki & Kaljaebi (kithap)
12.	Front	Front kick & Knee catch & break	Ap Chagi & Mureup Keoki
13.	Front	Inner wedging block	Anpalmok Momtong Hecho Makki
14.	Front	Front kick & Knee catch & break	Ap Chagi & Mureup Keoki
15.	Front	Inner wedging block	Anpalmok Hecho Makki
16.	Horse	Single knifehand block	Hansonnal Momtong Makki
17.	Crossed	Fist (target) in hand	Jumeok Pyojeck Jireugi
18.	Front	Side kick & Low spearhand strike	Yop Chagi & Pyonsonkkeut Jecho Tzireugi
19.	Front	Low block	Arae Makki
20.	Front & Horse	Palm heel pressing block & Reinforced side elbow strike	Batangson Nooleo Makki & Palkup Yop Chigi
21.	Back	Single knifehand block	Hansonnal Momtong Makki
22.	Crossed	Fist (target) in hand	Jumeok Pyojeck Jireugi
23.	Front	Side kick & Low spearhand strike	Yop Chagi & Pyonsonkkeut Jecho Tzireugi
24.	Front	Low block	Arae Makki
25.	Front & Horse	Palm heel pressing block & Reinforced side elbow strike	Batangson Nooleo Makki & Palkup Yop Chigi
26.	Closed	Left bottomfist on finger belly	Me Jumeok Arae Pyojeck Chigi
27.	Front	Outside knifehand strike & Low block	Sonnal Bakkat Chigi & Hansonnal Arae Makki
28.	Front	Knifehand strike & Knifehand low block	Sonnal Chigi & Hansonnal Arae Makki
29.	Front	Knifehand strike & Knifehand low block	Sonnal Chigi & Hansonnal Arae Makki
30.	Front	Arc hand strike (shout)	Kaljaebi (kithap)
	Return	Tongmilgi (left foot or back foot returns)	Barrel push

POOMSAE KEUMGANG

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic Ready Stance	Kibon Jumbi Seogi
1.	Front	Inside wedging block	Anpalmok Hecho Makki
2.	Front	Palm heel chin strike	Batangson Teok Chigi
3.	Front	Palm heel chin strike	Batangson Teok Chigi
4.	Front	Palm heel chin strike	Batangson Teok Chigi
5.	Back	Knifehand body block	Hansonnal Momtong Makki
6.	Back	Knifehand body block	Hansonnal Momtong Makki
7.	Back	Knifehand body block	Hansonnal Momtong Makki
8.	Crane	Mountain low block	Keumgang Arae Makki
9.	Horse	Large hinge punch	Kheun-dol Tzeogi
10.	Horse	Large hinge punch	Kheun-dol Tzeogi
11.	Horse	Mountain block (shout)	San Tuel Makki (kihap)
12.	Horse	Inside wedging block	Anpalmok Hecho Makki
13.	Parallel	Low wedging block	Arae Hecho Makki
14.	Horse	Mountain block	San Tuel Makki
15.	Crane	Mountain low block	Keumgang Arae Makki
16.	Horse	Large hinge punch	Kheun-dol Tzeogi
17.	Horse	Large hinge punch	Kheun-dol Tzeogi
18.	Crane	Mountain low block	Keumgang Arae Makki
19.	Horse	Large hinge punch	Kheun-dol Tzeogi
20.	Horse	Large hinge punch	Kheun-dol Tzeogi
21.	Horse	Mountain block (shout)	San Tuel Makki (kihap)
22.	Horse	Inside wedging block	Anpalmok Hecho Makki
23.	Parallel	Low wedging block	Arae Hecho Makki
24.	Horse	Mountain block	San Tuel Makki
25.	Crane	Mountain low block	Keumgang Arae Makki
26.	Horse	Large hinge punch	Kheun-dol Tzeogi
27.	Horse	Large hinge punch	Kheun-dol Tzeogi
	Return	(left foot returns)	Paro

POOMSAE TAEBAEK

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic Ready Stance	Kibon Jumbi Seogi
1.	Cat	Knifehand low wedging block	Sonnal Arae Hecho Makki
2.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
3.	Cat	Knifehand low wedging block	Sonnal Arae Hecho Makki
4.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
5.	Front	Swallow strike to neck	Jebi Poom Mok Chigi
6.	Front	Reversed body punch	Baro Jireugi
7.	Front	Reversed body punch	Baro Jireugi
8.	Front	Reversed body punch (shout)	Baro Jireugi (kihap)
9.	Back	Mountain body block	Keumgang Momtong Makki
10.	Back	Pulling in chin strike	Dangkyo Teok Chigi
11.	Back	Side punch	Yop Jireugi
12.	Crane	Small hinge	Jagun-dol Tzeogi
13.	Front	Side kick & Target elbow strike	Yop Chagi & Pyojeck Palkup Chigi
14.	Back	Mountain body block	Keumgang Momtong Makki
15.	Back	Pulling in chin strike	Dangkyo Teok Chigi
16.	Back	Side punch	Yop Jireugi
17.	Crane	Small hinge	Jagun-dol Tzeogi
18.	Front	Side kick & Target elbow strike	Yop Chagi & Pyojeck Palkup Chigi
19.	Back	Double knifehand block	Sonnal Momtong Makki
20.	Front	Assisting (erect) spearfinger	Pyonsonkkeut Sewo Tzireugi
21.	Back	(release first) Backfist side strike	Deung Jumeok Bakkat Chigi
22.	Front	Body punch (shout)	Bandae Jireugi (kihap)
23.	Front	Scissors block	Kawi Makki
24.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
25.	Front	Scissors block	Kawi Makki
26.	Front	Front kick & Double punch	Ap Chagi & Dubeon Jireugi
	Return	(left foot returns)	Paro

POOMSAE PYONGWON

	STANCE	TECHNIQUES	KOREAN
	Closed	Overlapped hands closed ready stance	Kyopson Jumbi Seogi
1.	Parallel	Knifehand low wedging block	Sonnal Arae Hecho Makki
2.	Parallel	Barrel push	Tongmilgi
3.	Back	Single low knifehand block	Hansonnal Arae Makki
4.	Back	Single face knifehand block	Hansonnal Momtong Makki
5.	Front	Elbow rising strike	Palkup Dolyo Chigi
6.	Back	Front kick & Back Kick & Double knifehand block	Ap Chagi & Dwit Chagi & Sonnal Momtong Makki
7.	Back	Double knifehand low block	Sonnal Arae Makki
8.	Horse	Assisting face block	Kodureo Olgul Makki
9.	Horse	Backfist pulling in chin strike (shout) & Backfist pulling in chin strike	Deung Jumeok Dangkyo Teok Chigi (kihap)
10.	Crossed	Yoke strike	Meongye Chigi
11.	Horse	Wedging mountain block	Hecho San Tuel Makki
12.	Horse	Mountain low block	Keumgang Arae Makki
13.	Front	Side kick & Elbow rising strike	Yop Chagi & Palkup Dolyo Chigi
14.	Back	Front kick & Back Kick & Double knifehand block	Ap Chagi & Dwit Chagi & Sonnal Momtong Makki
15.	Back	Double knifehand low block	Sonnal Arae Makki
16.	Horse	Assisting face block	Kodureo Olgul Makki
17.	Horse	Backfist pulling in chin strike (shout) & Backfist pulling in chin strike	Deung Jumeok Dangkyo Teok Chigi (kihap)
18.	Crossed	Yoke strike	Meongye Chigi
19.	Horse	Wedging mountain block	Hecho San Tuel Makki
20.	Horse	Mountain low block	Keumgang Arae Makki
21.	Front	Side kick & Elbow target strike	Yop Chagi & Palkup Pyojeck Chigi
	Return	Overlapped hands closed ready stance	Kyopson Jumbi Seogi

POOMSAE SIPJIN

	STANCE	TECHNIQUES	KOREAN
	Parallel	Basic ready stance	Kibon Jumbi Seogi
1.	Parallel	Bull block	Hwangso Makki
2.	Back	Palm assisting Inner block	Sonbadak Kodureo Momtong Bakkat Makki
3.	Front	Flat hand spearfinger strike & Double punch	Pyonsonkkeut Opeo Tzireugi & Dubeon Jireugi
4.	Horse	Wedging mountain block	Hecho Santuel Makki
5.	Horse	Side punch (shout)	Yop Jireugi (kihap)
6.	Horse	Yoke strike	Meongye Chigi
7.	Back	Palm assisting Inner block	Sonbadak Kodureo Momtong Bakkat Makki
8.	Front	Flat hand spearfinger strike & Double punch	Pyonsonkkeut Opeo Tzireugi & Dubeon Jireugi
9.	Horse	Wedging mountain block	Hecho Santuel Makki
10.	Horse	Side punch (shout)	Yop Jireugi (kihap)
11.	Horse	Yoke strike	Meongye Chigi
12.	Back	Palm assisting Inner block	Sonbadak Kodureo Momtong Bakkat Makki
13.	Front	Flat hand spearfinger strike & Double punch	Pyonsonkkeut Opeo Tzireugi & Dubeon Jireugi
14.	Back	Double knifehand low block	Sonnal Arae Makki
15.	Front	Rock pushing	Bawi Milgi
16.	Horse	Ridgehand wedging block	Sonnal Deung Momtong Hecho Makki
17.	Horse	Knifehand low wedging block	Sonnal Arae Hecho Makki
18.	Horse	Low wedging block	Arae Hecho Makki
19.	Horse	Lifting up	Olligi
20.	Front	Rock pushing	Bawi Milgi
21.	Front	Front kick & Twin punching	Ap Chagi & Chetdari Jireugi
22.	Front	Front kick & Twin punching	Ap Chagi & Chetdari Jireugi
23.	Front	Front kick & Assisting backfist to face	Ap Chagi & Deung Jumeok Kodureo Ap-Chigi
24.	Front	Rock pushing	Bawi Milgi
25.	Cat	Low knifehand X block	Sonnal Olgoreo Arae Makki
26.	Back	Ridgehand body block	Sonnal Deung Momtong Makki
27.	Back	Twin punching	Chetdari Jireugi
28.	Back	Twin punching	Chetdari Jireugi
	Return	(right foot returns)	Paro

HAPKIDO GRADING SYLLABUS

PRESENT RANK	TAN JUN	SWORD PATTERN	BASICS & KICKS	1 STEP & STRIKE SPAR	SPAR	WEAPON	HOSHINSHUL (SELF DEFENCE)
10 TH Gup	✓	✓	✓	✓	✓		(5) OUTSIDE WRIST - RELEASE (5) DOUBLE (EACH) HAND - RELEASE (3) INSIDE WRIST - RELEASE
9 TH Gup	✓	✓	✓	✓	✓		(7) OUTSIDE WRIST - HITTING (5) DOUBLE (EACH) HAND - HITTING
8 TH Gup	✓	✓	✓	✓	✓		(10) ATTACKING JOINT
7 TH Gup	✓	✓	✓	✓	✓		(10) INSIDE WRIST - HITTING, JOINT & THROWING
6 TH Gup	✓	✓	✓	✓	✓		(10) ONE STEP (BACK STANCE PUNCH) - HITTING
5 TH Gup	✓	✓	✓	✓	✓		(10) OUTSIDE WRIST - JOINT (5) AGAINST AGGRESSIVE CATCH - JOINT & HITTING
4 TH Gup	✓	✓	✓	✓	✓		(11) FRONT SLEEVE, ARM, SHOULDER - JOINT (5) OUTSIDE WRIST - JOINT THROWING
3 RD Gup	✓	✓	✓	✓	✓		(4) NECKBAND SINGLE HAND - JOINT (6) NECKBAND DOUBLE (EACH) HAND - JOINT (6) TOP OF BELT - JOINT (5) UNDER BELT - JOINT (9) REAR NECKBAND, SHOULDER, ELBOW & WRIST - JOINT
2 ND Gup	✓	✓	✓	✓	✓		(15) DOUBLE (EACH) HAND - JOINT (5) DOUBLE (EACH) HAND - JOINT THROWING (5) SINGLE WRIST WITH BOTH HANDS - HITTING & JOINT
1 ST Gup	✓	✓	✓	✓	✓	✓	(10) ONE STEP (BACK STANCE FACE PUNCH) - JOINT (10) BODY (FRONT & BEHIND) - JOINT & THROWING
BLACK	✓	✓	✓	✓	✓	✓	(11) POLICE LOCK - JOINT (6) ATTACKING THROWING - JOINT
1 ST Dan	✓	✓	✓	✓	✓	✓	(20) KNIFE DEFENCE - JOINT (11) SITTING - JOINT (10) FIXING/PINNING (ATTACKING JOINT SYLLABUS)

SYLLABUS EXPLANATIONS

<p>TAN JUN BREATHING KI HAND - FRONT, UP, DOWN, SIDE CONTROL LENGTH OF BREATH WITH ACTION FOCUS POWER ON ABDOMEN</p> <p>FOUR DIRECTION SWORD PATTERN DOUBLE KNIFEHAND BLOCK (GUARD) INNER KNIFEHAND STRIKE PUNCH & GUARD KICK & PUNCH & GUARD STANCE VARIATION (SHORT/LONG) OTHER VARIATIONS</p>	<p>ONE STEP SPARRING LOW & HIGH KICKS BLOCKING, CATCHING, GRABBING & THROWS FINISH WITH TAKEDOWN & PINNING FINISH WITHIN 4 SECS</p> <p>STRIKE SPARRING BACK STANCE WITH GUARD PROGRESSIVE BLOCKING & HITTING FINISH WITH JOINT ATTACK/TAKEDOWN</p> <p>WEAPON SWORD, CANE, POLE, STICK CHOOSE ONE WEAPON PER DAN GRADING</p>	<p>SPARRING CATCHING, GRABBING & THROWING TRIPPING & PINNING LOW KICKS & SPINNING STRIKES. RELEASE AFTER 2 SECS IF NOT SUCCESSFUL NO WRESTLING</p> <p>BASICS & KICKS HAPKIDO SPECIFIC BASICS HAPKIDO SPECIFIC KICKS LOW KICKS TO HEAVY PAD</p>
--	--	--

GRADING NOTES

KUMDO GRADING SYLLABUS

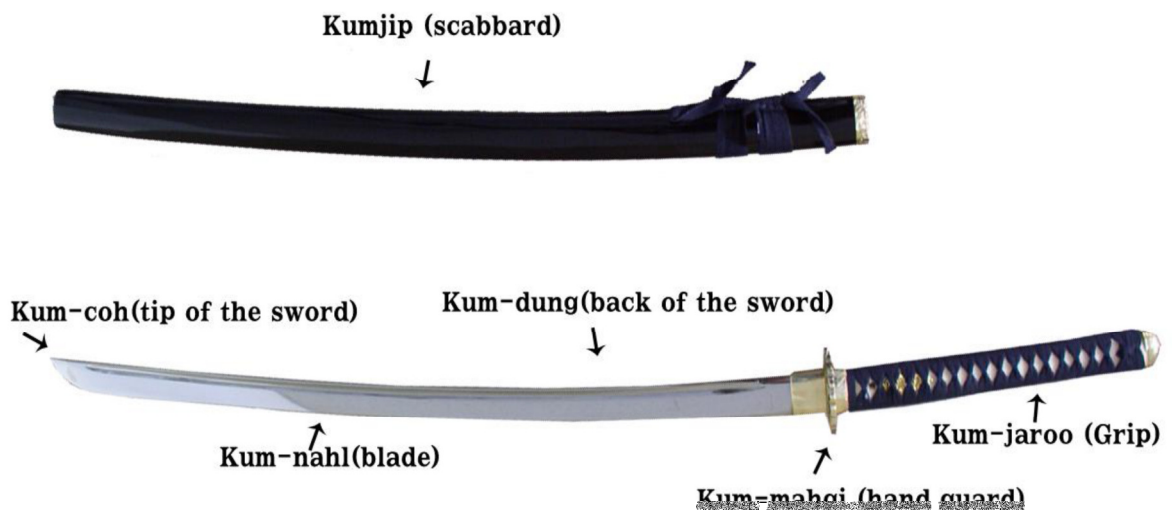
BELT	SSANG SOO PATTERN	TECH 1 STEP	CUTTING PATTERN	SPAR 1 STEP	SPAR	OTHER	HEAD STRIKE	PUSH UPS
9	-	1	1	3	SINGLE ATTACKS	CHAK-KUM 1	10	5
8	1	2	2	3	DEFENCE & ATTACK	CHAK-KUM 1	20	5
7	2	4	4	3	1 ROUND	CHAK-KUM 2	30	5
6	3	6	6	6	2 ROUNDS	CHAK-KUM 3	40	10
5	4	8	8	6	2 ROUNDS	CHAK-KUM 4	50	10
4	5	10	10	6	2 ROUNDS	CHAK-KUM 5 & 6	60	10
3	6	12	12	12	3 ROUNDS	BALL CUTTING	70	20
2	7	12	12	12	3 ROUNDS	CANDLE	80	20
1	8	12	12	12	3 ROUNDS	APPLE	90	20
BO	9, 10	12	12	12	AGAINST 2	MATT CUTTING 1-4	100	30
1	11, 12	12	12	12	AGAINST 2	MATT CUTTING 1-6	100	30

GENERAL TERMS	
AHNN-YONG HASH-MIKA	HELLO (RESPECTFUL)
AHNN-YONG O-SAYO	HELLO (FAMILIAR)
KUM-SA HUM-MIDA	THANK YOU
SUGO- HASHIS SIM-MIDA	YOU TRAINED WELL
KUKKI-DAYON	BOW TO FLAG
SABOMNIM-GAE	BOW TO INSTRUCTOR
SUNBAENIM-GAE	BOW TO MOST SENIOR STUDENT
SHIM HOO HOO	DEEP BREATHING

KUMDO COMMANDS	
PAL-KUM	DRAW SWORD
CHAK-KUM	SHEATHE SWORD. (RETURN)
KYEON JYEOK	READY DEFENCE (BODY)
SHO SAE	RELAX SWORD (BLADE OUT)
JI-HAR SAE	LOW DEFENCE (BLADE IN)
DOR-RA	ABOUT TURN
(CHAR SAE) PAK-KU SEO	ABOUT TURN & CUT
KUM DEU SE YO	PICK UP YOUR SWORD
KUM NAE RYEO NO SE YO	PUT YOUR SWORD DOWN

<i>KUMDO BASICS (in order)</i>	
<i>KIM-MA SAE</i>	<i>HORSE STANCE</i>
<i>CHUNG-YEOUNG BEGI</i>	<i>STRAIGHT CUT</i>
<i>JAR-WOO BEGI</i>	<i>LEFT & RIGHT CUT</i>
<i>SAM-DANG BEGI</i>	<i>THREE CUTS (STRAIGHT/LEFT/RIGHT)</i>
<i>HWEN-DANG BEGI</i>	<i>HORIZONTAL CUT</i>
<i>KWAN-JA BEGI</i>	<i>MULTIPLE CUT</i>
<i>DAE-DO (KYEON JYEOK) SAE</i>	<i>FRONT (READY) STANCE</i>
<i>(KUM-GE DONIP) PAL SANG SAE</i>	<i>ROOSTER STANCE</i>
<i>BOM SAE</i>	<i>TIGER STANCE</i>
<i>CHAR-YUNG SAE</i>	<i>WALKING STANCE</i>
<i>AP-RO</i>	<i>MOVE FRONT</i>
<i>GIR-RO</i>	<i>MOVE BACK</i>
<i>JAR-RO</i>	<i>MOVE LEFT</i>
<i>OO-RO</i>	<i>MOVE RIGHT</i>
<i>E-O BEGI</i>	<i>2 CUTS (FORWARD & BACK)</i>
<i>YUNG-SOK BEGI</i>	<i>4 CUTS (FORWARD & BACK, LEFT & RIGHT))</i>
<i>SOO-DO (KYEON JYEOK) SAE</i>	<i>LOW (READY) STANCE</i>
<i>CHO-CHUM SAE</i>	<i>HIGH DEFENCE</i>

EQUIPMENT	
KA-KUM	STEEL SWORD (BLUNT BLADE)
JOO-KUM	BAMBOO SWORD
MOK-KUM	WOODEN SWORD
JIN-KUM	CUTTING SWORD
KYUCK-KUM	SPARRING (SOFT) SWORD
SAM-GATO	3 SIDED CUTTING SWORD (FOR MATS)
YUK-GATO	6 SIDED CUTTING SWORD (FOR BAMBOO)
HO-AN	GLOVES
MYON	HEAD GUARD
HO-GU	BODY GUARD



KOREAN - ENGLISH

NUMBERS

COUNT	#	SINO
HANA	1	IL
DOOL	2	I (E)
SET	3	SAM
NET	4	SA
TASUT	5	O
YULSUT	6	YUK
ILGOLP	7	CHIL
YODOL	8	PAL
AHOP	9	GU
YUL	10	SHIP

COMMANDS

GENERAL		TOURNAMENT	
KOREAN	ENGLISH	KOREAN	ENGLISH
CHARYOT	ATTENTION	HONG	RED
KYUNGE	BOW	CHONG	BLUE
JUMBI	READY	JAWU-HYANGWU	FACE
SHIJAK	START	KELYEO	BREAK
KEUMAN	STOP	SHIGAN	TIME
PARO	RETURN	KESOK	CONTINUE
SHYO	RELAX	KEYSHI	INJURY TIME
DORA	ABOUT TURN	SUL	WINNER
SIM HO HOP	DEEP BREATHE		

GENERAL TERMS

KOREAN	ENGLISH	KOREAN	ENGLISH
POOMSAE	PATTERNS	HWEJANGNIM	PRESIDENT
JANG	TAEGUEK PATTERNS	GWANJANGNIM	MASTER
GYORUGI	SPARRING	SABOMNIM	INSTRUCTOR
GYOKPA	BREAKING	DOJANG	TRAINING HALL
HANBEON GYORUGI	ONE STEP	KUKKIWON	WTF HEADQUARTERS
HOSHINSUL	SELF DEFENCE	KIHAP	SHOUT

TECHNIQUE

KOREAN	ENGLISH	KOREAN	ENGLISH
MAKKI	BLOCK	TZIREUGI	THRUST/POKE
CHAGI	KICK	JIREUGI	PUNCH
CHIGI	STRIKE		

DIRECTION

KOREAN	ENGLISH	KOREAN	ENGLISH
ARAE	LOW	WEN	LEFT
MOMTONG	BODY	OREUN	RIGHT
OLGUL	FACE	NULLO	DOWNWARD
AP	FRONT	OLLYO	UPWARD
YOP	SIDE	AP-ROO	FORWARDS
DOLLYO	ROUND	GI-ROO	BACKWARDS
DWIT	BACK	JAR-ROO	LEFTWARDS
		OR-ROO	RIGHTWARDS

STANCE (SEOGI)

KOREAN	ENGLISH	KOREAN	ENGLISH
AP	SHORT (WALK)	MOA	CLOSED
APKUBI	FRONT	DWICHUK MOA	ATTENTION
DWITKUBI	BACK	NARANHI	PARALLEL
JUCHUM	HORSE	PYONHI	EASE
MO JUCHUM	ANGLED HORSE	KIBON JUMBI	BASIC READY
BEOM	CAT	KYOPSON JUMBI	OVERLAPPED HANDS
HAKDARI	CRANE	BOJUMOK JUMBI	COVERED FIST
KOA	CROSSED	TONGMILGI JUMBI	PUSHING HANDS

PUNCH (JIREUGI)

BY TECHNIQUE		BY DIRECTION	
KOREAN	ENGLISH	KOREAN	ENGLISH
BARO	REGULAR	ARAE	LOW
BANDAE	IRREGULAR	MOMTONG	BODY
DUBEON	DOUBLE	OLGUL	FACE
DOO JUMEOK	TWIN FIST	YOP	SIDE
JUCHUMSEO	HORSE	DWIT	BACK
PYOJEOK	TARGET	NULLO	DOWN
SOSUM	MIDDLE KNUCKLE	DOLLYO	ROUND
KEUMGANG	MOUNTAIN	JECHO	INVERTED
CHETDARI	FORK SHAPE	SEWO	VERTICAL
PYON JUMEOK	FLAT FIST	CHI	UPPER
DANGKYO TEOK	PULLING IN CHIN	DOLLYO	ROUND (HOOK)
KHEUN-DOL TZEOGI	LARGE HINGE		
JAGEUN-DOL TZEOGI	SMALL HINGE		
JA	U SHAPE		

KICKS (CHAGI)

KOREAN	ENGLISH	KOREAN	ENGLISH
AP	FRONT	DDIO	JUMP
YUP	SIDE	GULLYO	RUNNING
DOLLYO	ROUND	MIREO	PUSHING
DWIT	BACK	TWIO	FLYING
AN	INNER	BITUREO	TWISTING
NOPI	HIGH	MOMDOLLYO	TURN/SPIN
BAKKAT	OUTER	MOMDOLLYO HURYO	SPINNING HEEL
NULLO	DOWNWARD (AXE)	DUBAL DANGSEONG	"DOUBLE UP"
NAKKA	HOOING	MODUMBAL	TWIN
		KODEUP	DOUBLE (SAME LEG)

BLOCKS (MAKKI)

KOREAN	ENGLISH	KOREAN	ENGLISH
ARAE	LOW	HAN SONNAL (MOMTONG)	SINGLE KNIFEHAND (BODY)
MOMTONG	BODY	HAN SONNAL ARAE	LOW
MOMTONG AN	INNER BODY	HAN SONNAL OLGUL	FACE
OLGUL	FACE	SONNAL MOMTONG	DOUBLE KNIFEHAND (BODY)
BAKKAT	OUTER	SONNAL ARAE	DOUBLE LOW KNIFEHAND
ANPALMOK BAKKAT	INNER	KODUREO MOMTONG	ASSISTING (BODY)
HECHO	WEDGE	ANPALMOK KODUREO	ASSISTING INNER
ANPALMOK HECHO	INNER WEDGE	SAN TUEL	MOUNTAIN
BATANGSON	PALM	WE SAN TUEL	PART MOUNTAIN
BATANGSON AN	INNER PALM	HECHO SAN TUEL	WEDGE MOUNTAIN
BATANGSON NULLO	DOWNWARD PALM	KEUMGANG ARAE	DIAMOND (MOUNTAIN)
MEONGYE PAEGI	YOKE ESCAPE	KEUMGANG MOMTONG	DIAMOND BODY
MITHURO PAEGI	DOWNWARD (WRIST) ESCAPE	TONG MILGI	BARREL PUSH
WIRO PAEGI	UPWARD (WRIST) ESCAPE	TAESAN MILGI	MOUNTAIN PUSH
OTGOREO	CROSSING	BAWI MILGI	ROCK PUSH
KAWI	SCISSORS	NALGAE PYOGI	WING SPREADING
BITUREO	TWISTING		

STRIKES (CHIGI)

KOREAN	ENGLISH	KOREAN	ENGLISH
SONNAL CHIGI	INNER KNIFEHAND	KALJAEBI	ARC HAND
SONNAL BAKKAT	OUTSIDE KNIFEHAND	PALKUP YOP	SIDE ELBOW
SONNAL DEUNG	RIDGEHAND	PALKUP DOLLYO	ROUND ELBOW
DEUNG JUMEOK AP	FRONT BACKFIST	PALKUP OLLYO	RISING ELBOW
DEUNG JUMEOK BAKKAT	SIDE BACKFIST	PALKUP NULLO	DOWNWARD ELBOW
ME JUMEOK	BOTTOMFIST	PALKUP PYOJECK	TARGET ELBOW
PYON JUMEOK	FLAT FIST	BATANGSON	PALM
JEBIPUM TEOK	SWALLOW CHIN	PYONSONKKEUT TZIREUGI	SPEARFINGER & GUARD
JEBIPUM MOK	SWALLOW NECK	PYONSONKKEUT JECHO	INVERTED (LOW)
MUREUP KEOKI	KNEE BREAK	PYONSONKKEUT SEWO	VERTICAL (BODY)
		PYONSONKKEUT OPEO	(FACE)

CERMONIAL

SPOKEN	MEANING
CLASS CHARYOT	ATTENTION
FACE NATIONAL FLAG – KYUNGE	RESPECT TO FLAG & BOW
CHONG GWANJANGNIMGA - KYUNGE	RESPECT TO GRANDMASTER & BOW
GWANJANGNIMGA – KYUNGE	RESPECT TO MASTER & BOW
SABOMNINGA – KYUNGE	RESPECT TO INSTRUCTOR & BOW
GUMSA-HAMMIDA	THANK YOU (FROM STUDENTS)
SUGO-HASHIS-SIMMADA	GOOD, YOU TRAINED WELL (FROM COACH)
SUNBAENIMGA – KYUNGE	RESPECT TO HIGHEST STUDENT & BOW