



Grading Syllabus

- Students should know 'Koryo' the first black belt pattern and have a good understanding of Korean terms/commands used in the art of Taekwondo.
- Students should also be cable of destruction with both hands and feet and have a good working knowledge of self defence techniques.
- Competition rules, basic judging or refereeing should also be considered very important with the advent of 'Olympic Taekwondo'.

1st Dan (Black Belt) Test:

- 1 Poomsae Koryo.
- 2 Poomsae Taegeuk 8 (Pal Jang, Earth, 24 moves, Gon).
- 3 Poomsae Taegeuk of examiners choice.
- 4 Poomsae Taegeuk of student's choice.
- 5 One step sparring (advanced hands, advanced legs, advance hands and legs).
- 6 One step kicking exercise.
- 7 Three step kicking exercise.
- 8 Free sparring - one on one, two on one.
- 9 Destruction - board breaking (examiners discretion).
- 10 Self defence.

NOTE:

Dan gradings are conducted twice a year externally with our association Taekwondo Chungdokwan Great Britain according to Kukkiwon rules and regulations. You will be informed prior to the grading of the complete requirements, venue, pricing etc.

If you have any question, please ask.