



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

10th to 9th Kup [white to yellow-tag]

- ✚ Minimum of 4 months' training required since beginning (at Instructor's discretion)
 - Attention [Charyot]
 - Bow [Kyongye]
 - Citation of Oath

- ✚ Basics
 - Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
 - Short/Walking Stance [Ap Seogi]
 - Long/Front Stance [Apkoobi Seogi]
 - Horse-Riding Stance [Joochoom Seogi]
 - Back Stance [Dwikoobi Seogi]

 - Low Forearm Block [Areh Makki]
 - Middle Block [Momtong Makki]
 - outer to inner [An Makki] & inner to outer [Bakat Makki]
 - High Block [Uhlgool Makki]
 - Guarding Block [Geudehro Makki]
 - Straight Fore-Fist Punch [Joomuck Jireugi]
 - Reverse Punch [Bandeh Jireugi]
 - punches to low, mid & high-section [Areh, Momtong & Uhlgool Jireugi]

- ✚ Poomsae
 - Kibon/Hand Technique No. 1

- ✚ Kicks
 - Front Raising Kick [Ap Cha Olligi]
 - Front Kick [Ap Chagi]
 - Crescent Kick [Bandal Chagi]
 - inward [An Bandal Chagi] & outward [Bakat Bandal Chagi]
 - Half-Turning Kick [Bit Chagi]
 - Turning Kick [Dollyo Chagi]
 - Side Kick [Yeop Chagi]

- ✚ Sparring
 - 1 for 1 Kicking

- ✚ Discuss meaning of *Taekwondo* & *Chungdokwan*



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

9th to 8th Kup [yellow-tag to yellow]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)

- Attention [Charyot]
- Bow [Kyongye]
- Citation of Oath

✚ Basics

- Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
- Stances as previous;
- Hand Technique additions to previous:
- Double & Triple Punches
 - to low, mid & high-section [Areh, Momtong & Uhlgool Jireugi]
- Knife-Hand Strike [Sonnal Chigi]
- Elbow Strike [Palkoop Chigi]

✚ Poomsae

- Kibon/Leg Technique No. 1

✚ Kicks

- Leg Technique additions to previous:
- Pushing Kick [Millyo Chagi]
- Axe/Chopping Kick [Chikyo Chagi]
 - both front & back legs

✚ Sparring

- 2 for 2 Kicking
- Free-sparring [no contact]

✚ Discussion

- Yellow-Belt [signifies Gold - an element of the earth - and represents truth and the foundation of Taekwondo]
- Terminology for Uniform [Dobok], Belt [Tee] & Training Hall [Dojang]
- Class Etiquette [bowing on entering dojang and to flags and to seniors & instructors, in particular addressing Instructor as Sabum Nim]



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

8th to 7th Kup [yellow to green-tag]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)

- Attention [Charyot]
- Bow [Kyongye]
- Citation of Oath

✚ Basics

- Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
- Stances as previous;
- Hand Technique additions to previous:
 - Cross/X-Block [Eotgeoreo Makki]
 - Knife-Hand Block [Sonnal Makki]
 - Spear-Hand Thrust [Pyunsohn Keut Chireugi]
 - Palm-up Knife-Hand Strike [Sonnal Jehchyo Chigi]
 - Back-Fist Strike [Deung Joomuck Chigi]

✚ Poomsae

- Taeguk Il Jang

✚ Kicks

- Leg Technique additions to previous:
- Turning Kick [Dollyo Chagi], Half-Turning Kick [Bit Chagi] & Side Kick [Yeop Chagi]
 - stepping through & skipping
- Back Kick [Momdollyo Dwi Chagi]
- Back Side Kick [Momdollyo Yeop Chagi]
- Jumping Front Kick [Twieo Ap Chagi]

✚ Sparring

- 3 for 3 Kicking
- Free-sparring [no contact]

✚ Discussion

- Taeguk Il Jang [represents Heaven and symbolises the beginning of the creation of all things]
- President of Chungdokwan GB [Grandmaster Lawrence]; Chairman [Grandmaster Park Hae Man]; the relationships with & between the BTGB, BTC, WTF & Kukkiwon.



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

7th Kup to 6th Kup [green-tag to green]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)
 - Attention [Charyot]
 - Bow [Kyongye]
 - Citation of Oath

- ✚ Basics
 - Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
 - Stances as previous;

 - Hand Technique additions to previous:
 - Palm-Heel Strike [Batang Sohn Chigi]
 - Reverse Knife-Hand Strike [Sonnal Deung Chigi]

- ✚ Poomsae
 - Kibon/Hand Technique No. 2
 - Taeguk Ee Jang

- ✚ Kicks
 - Leg Technique additions to previous:
 - Skipping Front Kick [Ap Chagi]
 - Low/High combination Front Kick [Ap Chagi]
 - Low/High combination Turning Kick [Bit/Dollyo Chagi]
 - same legs

- ✚ Sparring
 - 3-Step Sparring
 - Free-sparring [no contact]

- ✚ Breaking
 - 16 years and above – Elbow Strike & Front Kick [timber/plastic, dependent on age]

- ✚ Discussion
 - Green-Belt [signifies Growth and represents Taekwondo skills developing]
 - Taeguk Ee Jang [representing a Lake, symbolising inner firmness and outer softness]
 - Taekwondo Tenets [Etiquette, Modesty, Perseverance, Self-Control, Indomitable Spirit]



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

6th Kup to 5th Kup [green to blue-tag]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)
 - Attention [Charyot]
 - Bow [Kyongye]
 - Citation of Oath

- ✚ Basics
 - Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
 - Stance additions to previous:
 - Cross/X-Stance [Koa Seogi]

 - Hand Technique additions to previous:
 - Palm-Heel Block [Batang Sohn Makki]
 - Hammer-Fist Strike [Me Joomuck Chigi]

- ✚ Poomsae
 - Kibon/Hand Technique No. 3
 - Taeguk Sam Jang

- ✚ Kicks
 - Leg Technique additions to previous:
 - 360/Reverse Crescent Kick [Bandeh Bandal Chagi]
 - 360/Reverse Axe/Chopping Kick [Bandeh Chikyo Chagi]
 - Low/High combination Side Kick [Yeop Chagi]
 - Low/High combination Turning Kick [Bit/Dollyo Chagi]
 - same legs

- ✚ Sparring
 - 3-Step Sparring
 - Free-sparring [no contact]

- ✚ Breaking
 - 16 years and above – Palm-up Knife-Hand Strike & Side Kick [timber/plastic, dependent on age]

- ✚ Discuss Taeguk Sam Jang [represents Hot & Bright and symbolises a sense of justice and ardour for Taekwondo]



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

5th Kup to 4th Kup [blue-tag to blue]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)
 - Attention [Charyot]
 - Bow [Kyongye]
 - Citation of Oath

- ✚ Basics
 - Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
 - Stance additions to previous:
 - Tiger Stance [Beom Seogi]

 - Hand Technique additions to previous:
 - Wedge Block [Hechyo Makki]
 - Hook Punch [Koondol Jireugi]

- ✚ Poomsae
 - Kibon/Hand Technique No. 4
 - Taeguk Sa Jang

- ✚ Kicks
 - Leg Technique additions to previous:
 - Hooking Kick [Hooryo Chagi]
 - 360/Reverse Hooking Kick [Bandeh Hooryo Chagi]

- ✚ Sparring
 - 1-Step/Pre-arranged Sparring
 - Free-sparring [light contact]

- ✚ Breaking
 - 16 years and above – Turning Kick [timber/plastic, dependent on age]

- ✚ Discussion
 - Blue-Belt [signifies Heaven and represents growth upward and the student maturing and progressing in training]
 - Taeguk Sa Jang [represents Thunder, symbolising great power and dignity]



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

4th Kup to 3rd Kup [blue to red-tag]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)
 - Attention [Charyot]
 - Bow [Kyongye]
 - Citation of Oath

- ✚ Basics
 - Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
 - Stance additions to previous:
 - Crane Stance [Hakdari Seogi]

 - Hand Technique additions to previous:
 - Scissor Block [Gawi Makki]

- ✚ Poomsae
 - Kibon/Leg Technique No. 2
 - Taeguk Oh Jang

- ✚ Kicks
 - Leg Technique additions to previous:
 - Twisting Kick [Biteureo Chagi]
 - Skipping Hook Kick [Hooryo Chagi]
 - 360 Half-Turning Kick [Bit Chagi]

- ✚ Self-Defence
 - Single & Double Wrist & Lapel Grab

- ✚ Sparring
 - 1 for 1 light touch kicking [wearing protectors]
 - 1-Step/Pre-arranged Sparring
 - Free-sparring [light contact]

- ✚ Breaking
 - 16 years and above – Reverse Hooking Kick [timber/plastic, dependent on age]

- ✚ Discuss Taeguk Oh Jang [represents Wind and symbolises a mighty force and calmness]



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

3rd Kup to 2nd Kup [red-tag to red]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)
 - Attention [Charyot]
 - Bow [Kyongye]
 - Citation of Oath

- ✚ Basics
 - Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
 - Stances and Hand Techniques as previous;
 - multiples & combinations

- ✚ Poomsae
 - Kibon/Leg Technique No. 3
 - Taeguk Yuk Jang

- ✚ Kicks
 - Leg Technique additions to previous:
 - Jumping Side Kick [Twieo Yeop Chagi]
 - Jumping Turning Kick [Twieo Dollyo Chagi]

- ✚ Self-Defence
 - Single Throat-Hold & Double Stranglehold [along with previous]

- ✚ Sparring
 - 2 for 2 light touch kicking [wearing protectors]
 - 1-Step/Pre-arranged Sparring
 - Free-sparring [light contact]

- ✚ Breaking
 - 16 years and above – Axe or Back Side Kick [timber/plastic, dependent on age]

- ✚ Discussion
 - Red-Belt [signifies the Sun, as the centre of our solar system, in turn representing danger and cautioning the student to exercise control, notwithstanding warning any opponent]
 - Taeguk Yuk Jang [represents Water, symbolising continuous flow and softness]



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

2nd Kup to 1st Kup [red to black-tag]

- ✚ Minimum of 4 months' training required since last grading (at Instructor's discretion)
 - Attention [Charyot]
 - Bow [Kyongye]
 - Citation of Oath

- ✚ Basics
 - Parallel Stance [Naranhi Seogi – readied at command of Joonbi]
 - Stances and Hand Techniques as previous;
 - multiples & combinations

- ✚ Poomsae
 - Kibon/Leg Technique No. 4
 - Taeguk Chil Jang

- ✚ Kicks
 - Leg Technique additions to previous:
 - Jumping Back Side Kick [Twieo Momdollyo Yeop Chagi]
 - discretionary flying Side Kick

- ✚ Self-Defence
 - Front & Rear Hair Grab
 - Front & Rear Bear-Hug
 - Head-Lock
 - along with previous

- ✚ Sparring
 - 1-Step/Pre-arranged Sparring
 - Free-sparring 1 on 1 then 2 on 1 then 3 on 1 [no contact]

- ✚ Breaking
 - 16 years and above – Student's choice of 2-way break

- ✚ Discussion
 - Taeguk Chil Jang [represents Mountain, contemplative and firm]



Jersey (Chungdokwan) Taekwondo

Grading Syllabus [10th Kup to 1st Dan]

1st Kup to 1st Dan [red-tag to Black-Belt]

- ✚ Minimum of 6 months' training required since gaining 1st Kup (at Instructor's discretion)

- ✚ Poomsae
 - Taeguk Pal Jang
 - Student's Choice
 - Examiner's Choice

- ✚ Self-Defence

- ✚ Sparring

- ✚ Breaking

- ✚ Discussion [to include]:
 - Black-Belt [the opposite of White, which signifies maturity and proficiency in Taekwondo and indicates the wearer's invulnerability to darkness and fear]
 - Taeguk Pal Jang [represents the Earth and symbolises roots and settlement, and in turn the beginning and the end]