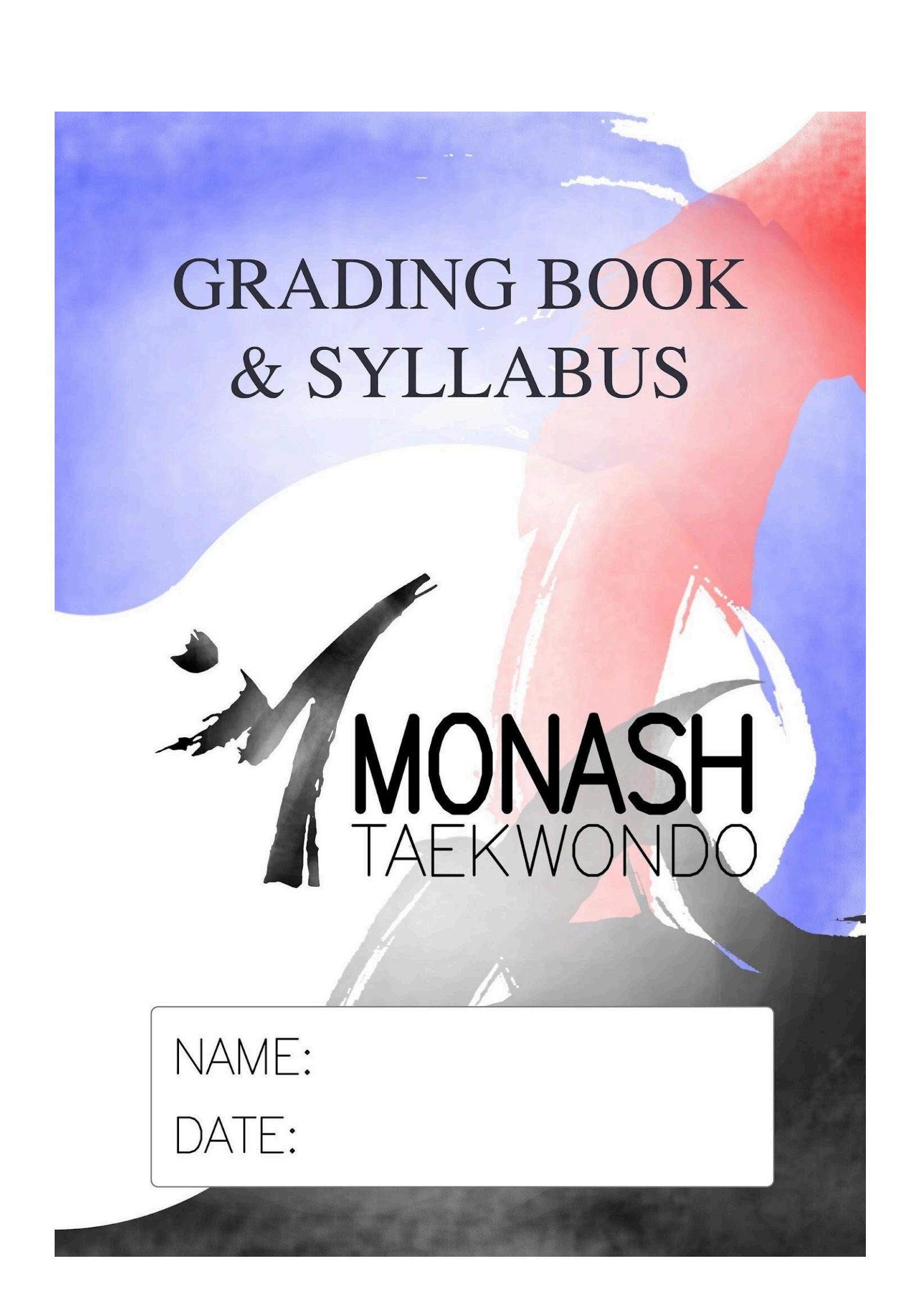




GRADING BOOK & SYLLABUS

MONASH
TAEKWONDO

NAME:

DATE:

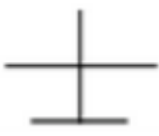
5 Tenets of Taekwondo

1. 예의 (Yae-yi) Courtesy – to show respect & consideration for instructors & others
2. 염치 (Yeom-chi) Integrity – to be honest, truthful & trustworthy without compromise
3. 인내 (In-nae) Perseverance – to have patience to never give up in pursuit of one's goals
4. 극기 (Geuk-gi) Self Control – to have control of your body & mind, in actions & reactions
5. 백절불굴 (Baek-jeol-bul-gul) Indomitable Spirit – to have courage in the face of adversity

Poomsae & Pattern Classification

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

– sourced from Kukkiwon

Name of Poomsae	Belt Colour	Gup & Dan	Number of Patterns	Number of Poom	Lines of Poomsae	Level of Training
TAEGEUK	yellow	None	Basic	8		Gup & Cho Dan Bo
	Green stripe	9 th Gup	il Jang (1)	18		
	green	8 th Gup	il Jang (1)	18		
	Blue stripe	7 th Gup	Ee Jang (2)	18		
	Blue	6 th Gup	Sam Jang (3)	20		
	Red stripe	5 th Gup	Sa Jang (4)	20		
	Red	4 th Gup	Oh Jang (5)	20		
	Black stripe	3 rd Gup	Yook Jang (6)	23		
	Double black stripe	2 nd Gup	Chil Jang (7)	25		
	chodanbo	1 st Gup	Pal Jang (8)	24		
KORYO	Black	1 st Dan		30		1 st Dan
KEUMGANG	Black	2 nd Dan		27		2 nd Dan

TAEBAEK	Black	3 rd Dan		26		3 rd Dan
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Grading Etiquette and Tips

- Pay the appropriate fee by the due date
- Arrive early on grading day to warm up & prepare
- Present your grading book to the instructor before grading commences
- When called up, stand up promptly, bow and respond with: Yes, Sa-beom-nim
- Practise beforehand and be thoroughly prepare

UNIFORM

- Wear FULL Dobok clean and ironed
- Ensure your belt is tied correctly (Ask someone if you are unsure)
- When fixing the uniform, NEVER face the Instructors
- Do not wear jewellery or other accessories

INSTRUCTIONS

- Listen carefully at ALL times
- Never speak or look away when the Instructor is explaining instructions
- Run when an instruction is given
- If unclear, put your hand up and ask for a demonstration

FORMATION (LINING UP)

- Line up according to belt colour starting with highest black belt (in uniform) in the front rank on the right side
- Run to line up

BOWING

- Upon initial entrance to Dojang (training area)
- Upon leaving the Dojang after final dismissal
- To Instructors upon your arrival or his/her arrival
- To ask Instructors for permission before leaving for a drink break/leaving early
- Upon handing items over with both hands to other members of the club

WHITE BELT TO YELLOW BELT (9th GUP)

GRADING REQUIREMENTS

NO	BASIC ACTIONS	BASIC KICKING
1	READY STANCE	READY FOR KICKING
2	HORSE RIDING STANCE	FRONT KICK (BOTH LEGS)
3	LEFT & RIGHT HAND LOWER BLOCK	ROUNDHOUSE KICK (BOTH LEGS)
4	LEFT & RIGHT HAND BODY BLOCK	SIDE KICK (BOTH LEGS)
5	LEFT & RIGHT HAND FACE BLOCK	AXE KICK (BOTH LEGS)
6	LEFT & RIGHT HAND BODY PUNCH	ROUNDHOUSE KICK TO FACE (BOTH LEGS)
7	LEFT & RIGHT KNIFE HAND STRIKE TO NECK	BACK LEG DOUBLE ROUNDHOUSE KICK
8	LEFT & RIGHT PALM HAND BODY BLOCK	(BOTH SIDES)
9	LEFT & RIGHT BACK-FIST STRIKE	
10	LEFT & RIGHT KNIFE HAND BODY BLOCK	

SELF DEFENCE: Basic 1 and 2

○ Number 1

Attacker: Using right hand, grab your opponent's left hand

Response:

1. Open hand, Slide your left hand towards your right shoulder in abrupt motion while stepping back with the right leg.
2. Slide back into fighting stance and kihap.

○ Number 2

Attacker: Using right hand, grab opponent's right hand

Response:

1. Open hand, Slide your right hand diagonally towards opponent's right hand side from up to down in abrupt motion while taking a step towards the same direction with your right leg.
2. Step to the side with your left leg

KOREAN TERMINOLOGY:

Basic Terminology		Numbers	
White belt pattern	Gi-bon poom-sae	One	Ha-na
Uniform	Do-bok	Two	Dool
Attention	Cha-ryeot	Three	Set
Bow to the Instructor	Sa-beom-nim-gae kyeong-ne	Four	Net
Front kick	Ahp-cha-gi	Five	Da-seot
Roundhouse kick	Deol-yo cha-gi	Six	Yeo-seot
Thank you	Go-map-seum-ni-da	Seven	il-gop
You're welcome	Cheon-man-hae-yo	Eight	Yeo-deol
Bow	Kyeong-ne	Nine	Ah-hop

Taekwondo School	Dojang	Ten	Yeol
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WHITE BELT TO YELLOW BELT (9TH GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
BASIC ACTIONS	NO.1 – 10					
BASIC KICKS	NO. 1 – 7					
SELF DEFENCE	NO. 1 - 2					
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

YELLOW BELT to GREEN STRIPE (8th GUP)

GRADING REQUIREMENTS

PATTERN: NO. 1

SELF DEFENCE: Basic Hand Grab 1 and 2

○ *Number 1*

Attacker: Using your right hand, grab your opponent's left hand

Response:

1. Grab their right hand with your right hand
2. Twist their wrist and push their elbow by your right hand with lift up

○ *Number 2*

Attacker: Using your right hand, grab your opponent's left shoulder

Response:

1. Grab their right hand with your right hand
2. Twist their wrist and push their elbow by your right hand

BREAKINGS:

- Axe Kick

SPARRING:

- One round, One minute (contact sparring)

KOREAN TERMINOLOGY:

Basic Terminology			
Pattern no. 1	Tae-geuk il jang	Short stance	Ahp Seo-gi
Patterns	Poom-sae	Long stance	Ahp goo-bi
Ready	Joon-bi	Horse riding stance	Joo-choom seo-gi
Return (to ready)	Pa-ro	Axe kick	Jji-geot cha-gi
At ease	Shi-euh		
Hello	An-nyeong-ha-shim-ni-kka		
Good to see you	Ban-gap-seum-ni-da		

YELLOW BELT to GREEN STRIPE (8TH GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 1					
SELF DEFENCE	NO. 1 – 2					
BREAKINGS	AXE KICK					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

GREEN STRIPE TO GREEN BELT (7th GUP)
GRADING REQUIREMENTS

PATTERN: NO. 2

SELF DEFENCE: Shoulder Grab 1 and 2

○ *Number 1*

Attacker: Using your right hand, grab your opponent's right hand

Response:

1. Grab their right hand with your left hand
2. Twist their wrist and push their elbow by your left hand with lift up

○ *Number 2*

Attacker: Using your right hand, grab your opponent's right shoulder

Response:

1. Grab their right hand with your left hand
2. Twist their wrist and push their elbow by your left hand with lift up

BREAKINGS:

- Jumping Front

SPARRING:

- One round, One minute (contact sparring)

KOREAN TERMINOLOGY:

Basic Terminology			
Pattern no. 2	Tae-geuk ee jang	Body block	Mom-tong mak-ki
Breaking	Kyuk-pa	Lower block	A-rae mak-ki
Start	She-jak	Face block	Ol-geul ma-ki
Finish	Geu-mahn	Side kick	Yeop cha-gi
Excuse me	Shil-lae-ham-ni-da		
I am sorry	Mi-an-ham-ni-da		
Good job	jal-haes-seo-yo		

GREEN STRIPE TO GREEN BELT (7TH GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 2					
SELF DEFENCE	NO. 1 - 2					
BREAKINGS	JUMPING FRONT					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

GREEN BELT TO BLUE STRIPE (6TH GUP)

GRADING REQUIREMENTS

PATTERN: NO. 3

SELF DEFENCE: Single Wrist Grab 1 and 2

○ Number 1

Attacker: Using your left hand, grab your opponent's right hand

Response:

1. Right leg step into horse riding stance while bending right arm at elbow, palm facing down, and pull away from opponent
2. Right elbow strike with left hand supporting, but not pushing to solar plexus, then back fist to face
3. Move right leg into forward stance followed by left elbow strike to face

○ Number 2

Attacker: Using your right-hand, grab your opponent's right hand

Response:

1. Right leg step forward while grabbing the attacker's wrist
2. Left hand grab shoulder and push attacker forward
3. Left knee strike to side ribs (roundhouse kick motion), step down into forward stance followed by right elbow strike to face

BREAKINGS:

- Side Kick

SPARRING:

- One round, One minute (contact sparring)

KOREAN TERMINOLOGY:

Basic Terminology			
Pattern no. 3	Tae-geuk sam jang	Goodbye	An-nyeong-he
Self defence	Ho-shin-sool		ka-ship-shi-yo
Warm up exercise	Joon-bi oon-dong		<i>(Spoken to someone leaving)</i>
Back Stance	Dwee-goo-bi		
Sparring	Gyeo-roo-gi		An-nyeong-he
Face Punch	Ol-gool Ji-roo-gi		gae-ship-shi-yo
Middle Punch	Mom-tong Ji-roo-gi		<i>(Spoken to someone staying)</i>
Sparring terms			
Break	Kal-yeo		
Continue	Gae-sok		

GREEN BELT TO BLUE STRIPE (6TH GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 3					
SELF DEFENCE	NO. 1 - 2					
BREAKINGS	SIDE KICK					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLUE STRIPE TO BLUE BELT (5TH GUP)

GRADING REQUIREMENTS

PATTERN: NO. 4

SELF DEFENCE: Double Wrist Grab 1 and 2

○ *Number 1*

Attacker: Grab your opponent's both wrists

Response:

1. Step forward with right foot into horse riding stance while opening right hand and pushing downwards to escape wrist grab, right elbow strike upward to the jaw
2. Right hand grab top of attacker's left hand, twisting
3. both hands thumbs up, grab the wrist, stepping back with the right foot into a forward stance
4. Apply front snap kick to attacker's face

○ *Number 2*

Attacker: Grab your opponent's both wrists

Response:

1. Both hands turn palm upward
2. Right hand grab under the back of attacker's hand and wrist
3. Open and pull left hand away then aiding with the left hand, continue to twist down until attacker falls
4. Continue twisting left hand while you punch with right hand

BREAKINGS:

- Back Kick

SPARRING:

- One round, One minute (contact sparring)

KOREAN TERMINOLOGY:

Basic Terminology		5 Tenets of Taekwondo	
Pattern no. 4	Tae-geuk sa jang	Courtesy	Yae-ee
Demonstration	She-bum	Integrity	Yeom-chi
Testing	Shim-sa	Perseverance	In-nae
Back kick	Dwi-cha-gi	Self control	Geuk-gii
Knife hand strike	Son-nal chi-gi	Indomitable Spirit	Baek-jeol-bool-gool

BLUE STRIPE TO BLUE BELT (5TH GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 4					
SELF DEFENCE	NO. 1 - 2					
BREAKINGS	BACK KICK					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLUE BELT TO RED STRIPE (4TH GUP)

GRADING REQUIREMENTS

PATTERN: NO. 5

SELF DEFENCE: Front Shoulder Grab 1 and 2

○ *Number 1*

Attacker: Using your right hand, grab opponent's left shoulder

Response:

1. Grab attacker's hand with right hand and wrist with left hand
2. Step in with left leg and twist upper body until your elbow meets their elbow
3. Step backwards 45 with right leg; both hands still holding wrist
4. Front snap kick to attacker's face

○ *Number 2*

Attacker: Using right hand, grab opponent's left shoulder

Response:

1. Right hand grab attacker's hand while twisting your upper body
2. Place left hand on attacker's elbow (placing attacker's arm in an "S" shape from a bird-eye view)
3. Moving left foot into horse riding stance, push upper body forward against attacker's wrist

BREAKINGS:

- Jumping Back Kick

SPARRING:

- One round, One minute (contact sparring)

BLUE BELT TO RED STRIPE (4TH GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 5					
SELF DEFENCE	NO. 1 - 2					
BREAKINGS	JUMPING BACK KICK					
SPARRING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

RED STRIPE TO RED BELT (3RD GUP)

GRADING REQUIREMENTS

PATTERN: NO. 6

SELF DEFENCE: Back Shoulder Grab 1 and 2

- *Number 1*

Attacker: Using right hand, grab opponent's right shoulder

Response:

1. Bring left arm straight up while stepping back with left leg and wrap it around attacker's arm
2. Right hand palm strike to chin while tripping with right leg and bring attacker to ground
3. Right hand punch to the face
- 4.

- *Number 2*

Attacker: Using right hand grab your opponent's right shoulder

Response:

1. Bring left leg back, bend upper body slightly forward to bring your head to other side of attacker's arm while holding with your right hand
2. Bring left knife hand above attacker's elbow while stepping into forward stance and pushing down, until attacker is on their stomach
3. Twist attacker's arm behind back and place your left knee on top of it
4. Grab attacker's head with right hand and pull back

BREAKINGS:

- Spinning Roundhouse Kick

SPARRING:

- Two rounds, One minute (contact sparring)

RED STRIPE TO RED BELT (3RD GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 6					
SELF DEFENCE	NO.1 - 2					
BREAKINGS	SPINNING ROUNDHOUSE					
SPARRING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

RED BELT TO BLACK STRIPE (2nd GUP)

GRADING REQUIREMENTS

PATTERN: NO. 7

SELF DEFENCE: Hair Grab 1 and 2

○ *Number 1*

Attacker: Grab opponent's hair with right hand

Response:

1. Right knee strike to groin, left hand face block stepping forward with left leg
2. Bring right hand over attacker's arm and form a triangle lock by pulling your right hand over your bicep and the left wrist over attacker's wrist
3. Step in with right foot behind attacker's right foot and trip while pushing arm down. Continue pressing attacker until they have fallen
4. Release their arm, straighten up, and right hand face punch

○ *Number 2*

Attacker: Grab opponents hair with right hand

Response:

1. Right knee strike to groin, left hand face block stepping forward with left leg
2. Bring right hand under the outside of your attacker's arm, then reach back to grab your own hand and push attacker's arm back and to the side
3. Twist attacker's arm behind back and place your left knee on top of it
4. Step forward with right leg and trip; apply right hand face punch

BREAKINGS:

- Spinning Roundhouse Kick (Face)

SPARRING:

- Two rounds, One minute (contact sparring)

RED BELT TO BLACK STRIPE (2nd GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 7					
SELF DEFENCE	NO. 1 - 2					
BREAKINGS	SPINNING ROUNDHOUSE (FACE)					
SPARRING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLACK STRIPE TO TWO BLACK STRIPES (1st GUP)

GRADING REQUIREMENTS

PATTERN: NO. 8

SELF DEFENCE: Bear Hug 1 and 2

○ *Number 1*

Attacker: Bear hug from front

Response:

1. Grab opponent's belt with left hand, put right hand on their left hip.
2. Push them away while stepping back with your right leg into long stance. Right knee to their groin.
3. Hook opponent's right leg with your right leg while using your palm hand to strike their chin, putting them on the ground while still holding onto their belt with your left hand.
4. Punch to their head with right hand and kihap.

○ *Number 2*

Attacker: Bear hug from back

Response:

1. Headbutt attacker's face (back of head). Step to your right into a horse riding stance while thrusting both elbows to either side and strike with left hand knife strike to the groin.
2. Bend down and grab attacker's right ankle from between your legs and pull up.
3. While grabbing onto their right leg, side kick their face with your left leg.

BREAKINGS:

- Flying Side Kick

SPARRING:

- Two rounds, One minute (contact sparring)

BLACK STRIPE TO TWO BLACK STRIPES (1st GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 8					
SELF DEFENCE	NO. 1 - 2					
BREAKINGS	FLYING SIDE KICK					
SPARRING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

RED BELT 2 BLACK STRIPES TO CHODANBO
GRADING REQUIREMENTS

PATTERN:

- NO. 5 – 8 (Instructor's Choice)

SELF DEFENCE:

- Yellow - Double Black Stripe (Instructor's Choice)

BREAKINGS:

- Spinning Hook Kick

SPARRING:

- Three rounds, One minute (contact sparring)

RED BELT 2 BLACK STRIPES TO CHODANBO

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 5 – 8					
SELF DEFENCE (INSTRUCTOR'S CHOICE)	Yellow – Double Black Stripe					
BREAKING	SPINNING HOOK KICK					
SPARRING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLACK BELT – 1ST DAN

GRADING REQUIREMENTS

PATTERN:

- NO. 1 – 8 (Instructor's choice)

SELF DEFENCE:

- Create a sequence using self defences from white belt to red belt

BREAKINGS:

- One technical board break of choice by student:
 - Triple Jumping Front Kick
 - Jumping Triple Roundhouse Kick
 - Triple Spinning Roundhouse Kick
 - Triple Spinning Hook
 - 540 degree Spinning Roundhouse Kick
 - Jumping Roundhouse Kick after stepping on someone's chest
 - Jumping Punch with a break-fall
- One power board break of choice by student:
 - Roundhouse Kick
 - Back Kick
 - Side Kick
 - Knife Hand Strike
 - Elbow Strike
 - Back Fist Strike

SPARRING

- Three rounds, One minute (contact sparring)

BLACK BELT – 1st DAN

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: __/__/__

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)						
SELF DEFENCE						
COMBINATION KICKING						
TECHNICAL BREAKING	_____					
POWER BREAKING	_____					
SPARRING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB