

# GRADING BOOK & SYLLABUS

**MONASH**  
TAEKWONDO

NAME:

DATE:

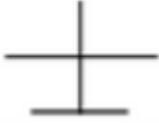
## 5 Tenets of Taekwondo

1. 예의 (Yae-yi) Courtesy – to show respect & consideration for instructors & others
2. 옹치 (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
<b>TAEGEUK</b>	White	None	Basic	8		Gup & Cho Dan Bo
	Yellow	9 <sup>th</sup> Gup	il Jang (1)	18		
	Yellow	8 <sup>th</sup> Gup	il Jang (1)	18		
	Yellow	7 <sup>th</sup> Gup	Ee Jang (2)	18		
	Blue	6 <sup>th</sup> Gup	Sam Jang (3)	20		
	Blue	5 <sup>th</sup> Gup	Sa Jang (4)	20		
	Blue	4 <sup>th</sup> Gup	Oh Jang (5)	20		
	Red	3 <sup>rd</sup> Gup	Yook Jang (6)	23		
	Red	2 <sup>nd</sup> Gup	Chil Jang (7)	25		
	Red	1 <sup>st</sup> Gup	Pal Jang (8)	24		
<b>KORYO</b>	Black	1 <sup>st</sup> Dan		30		1 <sup>st</sup> Dan
<b>KEUMGANG</b>	Black	2 <sup>nd</sup> Dan		27		2 <sup>nd</sup> Dan
<b>TAEBAEK</b>	Black	3 <sup>rd</sup> Dan		26		3 <sup>rd</sup> Dan

## 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
- Practice 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 1 STRIPE (9<sup>th</sup> 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: Open hand; Slide your left hand towards your right shoulder in abrupt motion while stepping back with the right leg. Slide back into fighting stance and kihap.

○ *Number 2*

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

Response: 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. Step to the side with your left leg and kihap.

**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

**WHITE BELT TO YELLOW BELT 1 STRIPE (9<sup>TH</sup> GUP)**  
**GRADING RESULTS**

NAME \_\_\_\_\_

AGE \_\_\_\_\_

SEX M / F

DATE: \_\_\_/\_\_\_/\_\_\_

<b>SUBJECTS</b>	<b>DETAILS</b>	<b>HD</b>	<b>D</b>	<b>C</b>	<b>P</b>	<b>NP</b>
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 1 STRIPE TO YELLOW BELT 2 STRIPES (8<sup>th</sup> 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: Grab their right hand with your right hand so your fingers are placed on the blade of their palm; twist their hand/wrist while pushing their elbow with your left hand. Kick to their face and kihap.

○ *Number 2*

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

Response: Grab their right hand with your right hand so your fingers are placed on the blade of their palm; twist their hand/wrist while pushing their elbow with the blade of your left hand. Kick to their face and kihap.

#### 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 1 STRIPE TO YELLOW BELT 2 STRIPES (8<sup>TH</sup> 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**

## YELLOW BELT 2 STRIPES TO YELLOW BELT 3 STRIPES (7<sup>th</sup> 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: Make a circular motion clockwise with your right hand as you twist their right hand/wrist while pushing their elbow with your left hand. Kick to their face and kihap.

○ *Number 2*

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

Response: Grab their right hand with your right hand so your fingers are placed on the blade of their palm; twist their hand/wrist while pushing their elbow with your right hand. Kick to their face and kihap.

**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		

**YELLOW BELT 2 STRIPES TO YELLOW BELT 3 STRIPES (7<sup>TH</sup> GUP)**  
**GRADING RESULTS**

NAME \_\_\_\_\_

AGE \_\_\_\_\_

SEX M / F

DATE: \_\_\_/\_\_\_/\_\_\_

<b>SUBJECTS</b>	<b>DETAILS</b>	<b>HD</b>	<b>D</b>	<b>C</b>	<b>P</b>	<b>NP</b>
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**

## YELLOW BELT 3 STRIPES TO BLUE BELT 1 STRIPE (6<sup>TH</sup> 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: Open right hand, push right hand in downwards motion as you step towards the opponent in horse riding stance with your right leg. In horse riding stance, strike opponent's sternum with your right elbow, supported with left palm and back fist with right hand to opponent's face. Step towards your opponent's left side with right leg, changing the stance into long stance and left elbow strike to opponent's head with kihap.

○ *Number 2*

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

Response: Right foot steps forward while making a circular motion clockwise with your right hand as you twist their right hand/wrist while pushing their elbow with your left hand, pushing your opponent a little bit forward. Knee kick to the ribs with your left knee. Step towards your opponent's right side with left leg going into long stance and strike their head with your right elbow and kihap.

**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 ka-ship-shi-yo <i>(Spoken to someone leaving)</i>
Self defence	Ho-shin-sool		
Warm up exercise	Joon-bi oon-dong		
Back Stance	Dwee-goo-bi		
Sparring	Gyeo-roo-gi		
Face Punch	Ol-gool Ji-roo-gi		
Middle Punch	Mom-tong Ji-roo-gi		
Sparring terms			
Break	Kal-yeo		
Continue	Gae-sok		

# YELLOW BELT 3 STRIPES TO BLUE BELT 1 STRIPE (6<sup>TH</sup> 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 BELT 1 STRIPE TO BLUE BELT 2 STRIPES (5<sup>TH</sup> GUP)

### GRADING REQUIREMENTS

**PATTERN: NO. 4**

**SELF DEFENCE: Double Wrist Grab 1 and 2**

○ *Number 1*

Attacker: Grab your opponent's both wrists

Response: Open right hand, push right hand in downwards motion as you step towards the opponent in horse riding stance with your right leg and elbow into their face with same side. Step back with right leg while grabbing opponent's left wrist with both hands; both your thumbs are on back of their hand while all other fingers are on their palm and bending it by dragging their hand towards you while pushing their wrist into uncomfortable position with your thumbs. Kick to you opponent's face and kihap.

○ *Number 2*

Attacker: Grab your opponent's both wrists

Response: Open and twist both hands so your palms are facing the ceiling. With right hand, grab opponent's right hand and slide your left hand towards your right shoulder in abrupt motion. Still grabbing with your right hand, with your left knife hand, push opponent's right wrist towards your left side. Keep pushing while moving your left leg in anti-clockwise direction, pulling the opponent to the ground. Stabbing opponent's right arm with your left leg and hand while they are on the ground, punch their face with kihap.

**BREAKINGS:**

- Back Kick

**SPARRING:**

- One round, One minute (contact sparring)

**KOREAN TERMINOLOGY:**

Basic Terminology		5 Tenents 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 BELT 1 STRIPE TO BLUE BELT 2 STRIPES (5<sup>TH</sup> 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 2 STRIPES TO BLUE BELT 3 STRIPES (4<sup>TH</sup> 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: Grab opponent's right hand with your right hand and support the grab with your left hand by grabbing their wrist. Step to opponent's left side with your left leg keeping the hold and going over opponent's right elbow with your own. Break opponent's right elbow with your left elbow by swinging it up and down like a chicken. Step back with right leg while keep grabbing onto opponent's right wrist with both hands; both your thumbs are on back of their hand while all other fingers are on their palm and bending it by dragging their hand towards you while pushing their wrist into uncomfortable position with your thumbs. Kick to you opponent's face and kihap.

○ *Number 2*

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

Response: With your right hand, twist your opponent's right hand 90 degrees so part of their hand is on your left collar bone. With your right hand push out their elbow to your left. Keeping both hands in those positions, bow forward, making sure NOT to push your hip backwards.

**BREAKINGS:**

- Jumping Back Kick

**SPARRING:**

- One round, One minute (contact sparring)

## BLUE BELT 2 STRIPES TO BLUE BELT 3 STRIPES (4<sup>TH</sup> 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**

**BLUE BELT 3 STRIPES TO RED BELT 1 STRIPE (3<sup>RD</sup> 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: Spin anti-clockwise by stepping backwards towards opponent's right side with your left leg while locking their right arm with your left arm; make sure to be as close to your opponent as you can after locking their arm. Hook opponent's right leg with your right leg while using your palm hand to strike their chin, putting them on the ground. With left arm still holding onto opponent's right arm, punch their face with your right fist with kihap.

○ *Number 2*

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

Response: Grab opponent's right hand with your right hand. Move down and up to unattach their hand from your shoulder while stepping to their back with your left leg. Lift opponent's arm into a lock with your right hand and press onto their locked arm, pushing them onto the ground. Put your left knee onto their locked arm, pull their hair and kihap.

**BREAKINGS:**

- Spinning Roundhouse Kick

**SPARRING:**

- Two rounds, One minute (contact sparring)

**BLUE BELT 3 STRIPES TO RED BELT 1 STRIPE (3<sup>RD</sup> GUP)**  
**GRADING RESULTS**

NAME \_\_\_\_\_

AGE \_\_\_\_\_

SEX M / F

DATE: \_\_\_/\_\_\_/\_\_\_

<b>SUBJECTS</b>	<b>DETAILS</b>	<b>HD</b>	<b>D</b>	<b>C</b>	<b>P</b>	<b>NP</b>
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 1 STRIPE TO RED BELT 2 STRIPES (2<sup>nd</sup> GUP)**  
**GRADING REQUIREMENTS**

**PATTERN: NO. 7**

**SELF DEFENCE: Hair Grab 1 and 2**

○ *Number 1*

Attacker: Grab opponent's hair with right hand

Response: Right knee strike to their groin. Left hand face block and grab onto their right wrist with same hand. Grab and push on their right elbow with your right hand and while your left hand helps fold their arm. Push opponent to the ground, punch to their face with your right fist and kihap.

○ *Number 2*

Attacker: Grab opponents hair with right hand

Response: Right knee strike to their groin. Left hand face block and grab onto their right wrist with same hand. Use your right arm to go around their right arm and grab onto their elbow like a choke hold while stepping with your right leg. Push opponent to the ground, change and hold their elbow down with your left hand, punch to their head with your right fist and kihap.

**BREAKINGS:**

- Spinning Roundhouse Kick (Face)

**SPARRING:**

- Two rounds, One minute (contact sparring)

## RED BELT 1 STRIPE TO RED BELT 2 STRIPES (2<sup>nd</sup> 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**

## RED BELT 2 STRIPES TO RED BELT 3 STRIPES (1<sup>st</sup> GUP)

### GRADING REQUIREMENTS

**PATTERN:** NO. 8

**SELF DEFENCE:** Bear Hug 1 and 2

○ *Number 1*

Attacker: Bear hug from front

Response: Grab opponent's belt with left hand, put right hand on their left hip. Push them away while stepping back with your right leg into long stance. Knee to their groin. 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. Punch to their head and kihap.

○ *Number 2*

Attacker: Bear hug from back

Response: Headbutt opponent's face. Step to the side with your right leg into a horse riding stance while thrusting both elbows to either side. Hit opponent's groin with left fist. Bend down and grab opponent's right leg from between your legs. 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)

## RED BELT 2 STRIPES TO RED BELT 3 STRIPES (1<sup>st</sup> 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 3 STRIPES TO CHODANBO**  
***GRADING REQUIREMENTS***

**PATTERN:**

- NO. 5 – 8 (Instructor's Choice)

**SELF DEFENCE:**

- Blue 2 - Red 3 (Instructor's Choice)

**BREAKINGS:**

- Spinning Hook Kick

**SPARRING:**

- Three rounds, One minute (contact sparring)

## RED BELT 3 STRIPES TO CHODANBO

### GRADING RESULTS

NAME \_\_\_\_\_

AGE \_\_\_\_\_

SEX M / F

DATE: \_\_\_/\_\_\_/\_\_\_

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 4 – 8					
SELF DEFENCE (INSTRUCTOR'S CHOICE)	Blue 2 – Red 3					
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 – 1<sup>ST</sup> 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 – 1<sup>st</sup> DAN*****GRADING RESULTS***

NAME \_\_\_\_\_

AGE \_\_\_\_\_

SEX     M / F

DATE: \_\_\_/\_\_\_/\_\_\_

<b>SUBJECTS</b>	<b>DETAILS</b>	<b>HD</b>	<b>D</b>	<b>C</b>	<b>P</b>	<b>NP</b>
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***