

GRADING BOOK

&

SYLLABUS

**MELBOURNE UNIVERSITY
TAEKWONDO CLUB**

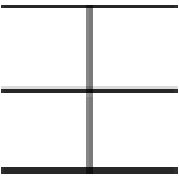
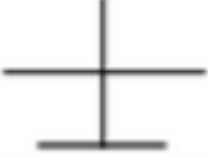

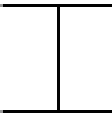
NAME :

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 offence and defence resulting from cultivating Taekwondo spirit and techniques.

Name of Poomsae	Belt Colour	Gup & Dan	Number of Patterns	Number of Steps	Lines of Poomsae	Level of Training
TAEGEUK	White	None	Basic	8		Gup & Cho Dan Bo
	Yellow	9 th Gup	il Jang (1)	18		
	Yellow	8 th Gup	il Jang (1)	18		
	Yellow	7 th Gup	Ee Jang (2)	18		
	Blue	6 th Gup	Sam Jang (3)	20		
	Blue	5 th Gup	Sa Jang (4)	20		
	Blue	4 th Gup	Oh Jang (5)	20		
	Red	3 rd Gup	Yook Jang (6)	23		
	Red	2 nd Gup	Chil Jang (7)	25		
	Red	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

– sourced from Kukkiwon

Considerations for Training Poomsae

1. FOCUS
2. MOVEMENT OF THE BALANCE
3. RHYTHM
4. CONTROL OF THE POWER
5. BREATHING

Grading Etiquette and Tips

- Ensure the grading fee has been paid beforehand.
- Be punctual on grading day to warm up and get ready.
- 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 ensure you are thoroughly prepared.

UNIFORM

- Wear a complete and well-maintained Dobok (uniform). Ensure it is clean and neatly ironed.
- Make sure your belt is correctly tied; if unsure, seek assistance from someone.
- Avoid facing the instructors while adjusting your uniform.
- Refrain from wearing any jewellery or accessories during training.

FOLLOWING INSTRUCTIONS

- Remain attentive and listen carefully at ALL times.
- Avoid speaking or diverting your gaze when the Instructor is giving instructions.
- Promptly follow instructions as soon as they are given.
- If you are unsure about any instruction, raise your hand and request a demonstration.

FORMATION (LINING UP)

- Line up according to belt colour starting with the highest black belt (in uniform) in the front row 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 (9th GUP)

GRADING REQUIREMENTS

NO	BASIC ACTIONS	BASIC KICKING
1	READY STANCE	READY FOR KICKING
2	HORSE RIDING STANCE	FRONT KICK
3	FRONT LOW BLOCK	ROUNDHOUSE KICK
4	FRONT BODY BLOCK	SIDE KICK
5	FRONT FACE BLOCK	AXE KICK
6	FRONT BODY PUNCH	ROUNDHOUSE KICK TO THE FACE
7	ONE KNIFE HAND LOW BLOCK	FRONT KICK THEN ROUNDHOUSE KICK
8	ONE KNIFE HAND BODY BLOCK	ROUNDHOUSE KICK THEN AXE KICK
9	KNIFE HAND LOW BLOCK	
10	KNIFE HAND BODY BLOCK	

PATTERN: Basic Pattern

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	kyeong-ne	Four	Net
Ready	Joon-Bi	Five	Da-seot
Begin	Si-Jak	Six	Yeo-seot
Front kick	Ahp-cha-gi	Seven	il-gop
Roundhouse kick	Deol-yo cha-gi	Eight	Yeo-deol
Thank you	Go-map-seum-ni-da	Nine	Ah-hop
You're welcome	Cheon-man-hae-yo	Ten	Yeol

WHITE BELT TO YELLOW BELT 1 STRIPE (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					
PATTERN	BASIC					
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

YELLOW BELT 1 STRIPE TO YELLOW BELT 2 STRIPES (8th GUP)

GRADING REQUIREMENTS

PATTERN: NO. 1

BREAKINGS:

- Axe Kick

SPARRING:

- One round, One minute (**LIGHT** contact sparring, no head kicks)

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 (8TH GUP)

GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

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

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

YELLOW BELT 2 STRIPES TO YELLOW BELT 3 STRIPES (7th GUP)
GRADING REQUIREMENTS

PATTERN: NO. 1-2

BREAKINGS:

- Jumping Front

SPARRING:

- One round, One minute (contact sparring, no face kick)

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 (7TH GUP)

GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

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

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

YELLOW BELT 3 STRIPES TO BLUE BELT 1 STRIPE (6TH GUP)

GRADING REQUIREMENTS

PATTERN: NO. 1-3

BREAKINGS:

- Side Kick

SPARRING:

- One round, One minute (contact sparring, no head kicks)

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		An-nyeong-he gae-ship-shi-yo <i>(Spoken to someone staying)</i>
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 (6TH GUP)

GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 3					
BREAKINGS	SIDE KICK					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

BLUE BELT 1 STRIPE TO BLUE BELT 2 STRIPES (5TH GUP)
GRADING REQUIREMENTS

PATTERN: NO. 1-4

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
Sparring terminology			
Warning	Gyeong-go	Referee	Sim-pan

BLUE BELT 1 STRIPE TO BLUE BELT 2 STRIPES (5TH GUP)
GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 4					
BREAKINGS	BACK KICK					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

BLUE BELT 2 STRIPES TO BLUE BELT 3 STRIPES (4TH GUP)

GRADING REQUIREMENTS

PATTERN: NO. 1-5

BREAKINGS:

- Jumping Back Kick

SPARRING:

- One round, One minute (contact sparring)

KOREAN TERMINOLOGY:

- Will be tested on White Belt to Blue Belt 1

BLUE BELT 2 STRIPES TO BLUE BELT 3 STRIPES (4TH GUP)

GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 5					
BREAKINGS	JUMPING BACK KICK					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

BLUE BELT 3 STRIPES TO RED BELT 1 STRIPE (3RD GUP)

GRADING REQUIREMENTS

PATTERN: NO. 1-6

BREAKINGS:

- Spinning Roundhouse Kick

SPARRING:

- Two rounds, One minute (contact sparring)

KOREAN TERMINOLOGY:

- Will be tested on White Belt to Blue Belt 1

BLUE BELT 3 STRIPES TO RED BELT 1 STRIPE (3RD GUP)

GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 6					
BREAKINGS	SPINNING ROUNDHOUSE					
SPARRING						
TERMINOLOGY						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

RED BELT 1 STRIPE TO RED BELT 2 STRIPES (2nd GUP)
GRADING REQUIREMENTS

PATTERN: NO. 1-7

BREAKINGS:

- Spinning Roundhouse Kick (Face)

SPARRING:

- Two rounds, One minute (contact sparring)

KOREAN TERMINOLOGY:

- Will be tested on White Belt to Blue Belt 1

TEACHING

- Pick one attack (e.g punch) and explain to everyone in the class (3 mins). Discuss proper technique and applications.

RED BELT 1 STRIPE TO RED BELT 2 STRIPES (2nd GUP)

GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 7					
BREAKINGS	SPINNING ROUNDHOUSE (FACE)					
SPARRING						
TERMINOLOGY						
TEACHING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

RED BELT 2 STRIPES TO RED BELT 3 STRIPES (1st GUP)

GRADING REQUIREMENTS

PATTERN: NO. 1-8

BREAKINGS:

- Flying Side Kick

SPARRING:

- Two rounds, One minute (contact sparring)

KOREAN TERMINOLOGY

- White Belt to Blue Belt 1

TEACHING

- Pick one defence (e.g low block) and explain it to everyone in the class (3 mins). Discuss proper technique and applications.

RED BELT 2 STRIPES TO RED BELT 3 STRIPES (1st GUP)

GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	N P
PATTERN	NO. 8					
BREAKINGS	FLYING SIDE KICK					
SPARRING						
TERMINOLOGY						
TEACHING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

RED BELT 3 STRIPES TO CHODANBO

GRADING REQUIREMENTS

PATTERN:

- NO. 1 – 8 (Instructor's Choice)
- Koryo

BREAKINGS:

- Spinning Hook Kick

SPARRING:

- Three rounds, One minute (contact sparring)

KOREAN TERMINOLOGY

- White Belt to Blue Belt 1

TEACHING

- Prepare a one-page written essay on the history of taekwondo.

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					
BREAKING	SPINNING HOOK KICK					
SPARRING						
TERMINOLOGY						
TEACHING						

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB

BLACK BELT – 1ST DAN

GRADING REQUIREMENTS

PATTERN:

- NO. 1 – 8 (Instructor's choice)
- Koryo

COMBINATION KICKING:

- Create a combination of up to 10 kicks up and down

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)

KOREAN TERMINOLOGY

- White Belt to Blue Belt 1

TEACHING

- Choose one Poomsae (Pattern NO. 1 to NO. 8) and instruct it to a beginner or lower-ranking belt who has not previously learned the pattern.
- Develop a 10-minute workout routine that includes elements of strength training, stamina-building exercises, stretching, and more.
- Compose a one-page reflection on your personal journey with Taekwondo, encompassing your learning experiences, how Taekwondo has impacted your life before and after, and your plans for continuing your Taekwondo journey.

BLACK BELT – 1st DAN
GRADING RESULTS

NAME: _____

AGE: _____

SEX: M / F

DATE: ____/____/____

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

NOTES:

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

FINAL RESULTS: PASSED FAILED

INSTRUCTOR OF MELBOURNE UNIVERSITY TAEKWONDO CLUB