



# WHITE TIGER KOREAN MARTIAL ARTS

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## GRADING SYLLABUS

*Effective as from 01.06.2005*

*This Grading Syllabus is designed for students aged 10 years and over*

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## ATTENDANCE CRITERIA

**THE FOLLOWING INFORMATION IS A GUIDE ONLY. SOME STUDENTS MAY NEED LONGER OR SHORTER INTERVALS BETWEEN GRADES. THE HEAD INSTRUCTOR WILL INDIVIDUALLY ASSESS ALL STUDENTS' PROGRESS DURING PRE-GRADING WEEK.**

### **WHITE BELTS**

The Head instructor will inform the student when they are ready to grade.

### **YELLOW BELTS**

Minimum training between grades is 10-15 classes.

### **BLUES BELTS**

Minimum training between grades is 15-20 classes.

### **RED BELTS (1 & 2 STRIPES)**

Minimum training between grades is 20-25 classes.

### **RED BELTS (3 STRIPES)**

Minimum duration is six months based on **three to four** advance or sports challenge-training sessions per week (75 hours in total). Head instructor will notify students when they are eligible to grade.

### **1ST DAN (POOM) TO 2ND DAN (2ND POOM)**

Minimum duration is one-year based on **three or four** advance or sports challenge-training sessions per week.

No less than 150 hours of in-class training is needed. Class instruction can account for 50% of actual 150 hours needed to pass grading attendance criteria. Students need to keep personal attendance logbook. Head instructor will notify students when they are eligible to grade.

### **2ND DAN TO 3RD DAN**

Minimum duration is two years based on **three to four** advance or sports challenge-training sessions per week.

No less than 300 hours of in-class training is needed. Class instruction can account for 50% of actual 300 hours needed to pass grading attendance criteria. Students need to keep personal attendance logbook. Head instructor will notify students when they are eligible to grade.

### **3RD DAN TO 4TH DAN**

Minimum duration is three years based on **three to four** advance or sports challenge-training sessions per week.

No less than 450 hours of in-class training is needed. Class instruction can account for 50% of actual 450 hours needed to pass grading attendance criteria students need to keep personal attendance logbook. Any student with less than ten years of consistent taekwondo training will not be considered for grade to Fourth Dan Black belt.

**Fourth Dan grading will be subject to Master Andrew Johnston's recommendation.**



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## DIRECTION AND GOALS

**THE DIRECTION OF THE TAEKWONDO GRADING SYLLABUS IS TO TEACH THE FOLLOWING:**

### ***Traditional Taekwondo Values***

Development of martial arts spirit "Gi", respect, courtesy, loyalty, self-management, self-awareness and strength of character.

### ***Traditional Taekwondo Techniques***

Static and dynamic blocking, static and dynamic striking, static and dynamic kicking, static and dynamic stances and stepping techniques.

### ***Taekwondo Pattern Work – Poomsae***

### ***Taekwondo Self Defence – Hosinsool***

### ***Taekwondo Sparring – Gyorugi***

## **THE GOALS OF THE TAEKWONDO GRADING SYLLABUS**

To develop health, physical fitness, balance, strength, self-defence skills, focus, discipline, co-ordination, greater sense of awareness, persistence, self-managed and responsibility of ones' own actions.

Also to develop taekwondo poomsae, taekwondo self-defence and sport taekwondo skills.



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## DIRECTION AND GOALS – continued

### SPECIFIC TAEKWONDO GOALS FOR INDIVIDUAL GRADES

#### ***Goals for White Tiger Taekwondo Grading Syllabus – Yellow belt level***

- Learn basic blocking
- Introduction of open and closed stances
- Learn basic kicking and striking
- Learn basic stepping
- Introduction of offensive and defensive taekwondo techniques
- Introduction of Gyeonggi no-contact sparring skills
- Develop yellow belt Poomsae

#### ***Goals for White Tiger Taekwondo Grading Syllabus – Blue belt level***

- Learn advance kicking and striking
- Introduction to restraining and spontaneous reaction self-defence movements
- Learn dynamic stepping (shuffling) kicking and striking
- Develop use of open and closed stances
- Develop use of combination offensive and defensive techniques
- Introduction of Gyeonggi light contact sparring skills
- Develop Blue belt Poomsae

#### ***Goals for White Tiger Taekwondo Grading Syllabus – Red belt level***

- Dynamic use of advance kicking combinations
- Develop restraining locks and spontaneous reaction self-defence movements
- Dynamic use of stepping – (shuffling) kicking and striking
- Dynamic use of open and closed stances
- Dynamic use of combination offensive and defensive techniques
- Introduction of Gyeonggi contact sparring skills
- Develop Red belt Poomsae

#### ***Goals for White Tiger Taekwondo Grading Syllabus – 1st Dan level to 3rd Dan level***

- Develop board breaking skills
- Develop Black Belt Poomsae skills
- Dynamic use of restraining locks and spontaneous reaction self-defence movements
- Develop Gyeonggi contact sparring skills
- Develop history and terminology knowledge
- Pathway to become an Instructor, Senior Instructor, Head Instructor, Sport TKD Coach, Sport TKD Referee



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## NINJA GRADING SYLLABUS

**Effective as from 01.06.2005**

**Wolf Pack Grading Syllabus (Ninjas) is designed for students aged 4 years to 9 years**

### WHITE BELT

- Stances:
  - Horse stance
  - Natural or Ease stance
  - Attention
  - Ready stance
  - Forward stance (*wider stance than walking stance*)
  - Back stance
  - Walking stance
- Horse stance punching – single, double, and triple punches
- Blocking, upper, lower, inside and outside blocks
  
- NO CONTACT SPARRING

### YELLOW BELT 1 STRIPE

- Front kick
- Round house kick
- Push kick
  
- NO CONTACT SPARRING

### YELLOW BELT 2 STRIPE

- Front kick and punch
- Round house kick and reverse punch
- Side kick
  
- NO CONTACT SPARRING

### YELLOW BELT 3 STRIPE

- Back kick
- Double front kick and double punch
- Double round house and double punch
  
- NO CONTACT SPARRING



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## NINJA GRADING SYLLABUS

### **BLUE BELT 1 STRIPE**

- Round house kick and back kick
- Front kick and back kick
- Step in and back kick
  
- NO CONTACT SPARRING

### **BLUE BELT 2 STRIPE**

- Step in front kick and double punch
- Step in round house kick and double punch
- Step back and round house kick
  
- NO CONTACT SPARRING

### **BLUE BELT 3 STRIPE**

- Axe kick
- Shuffle round house kick and round house kick
- Shuffle round front kick and double punch
  
- SELF DEFENCE 1 – One hand grab to outside wrist  
(Double hand technique – snatch away your own hand quickly and step away at same time)
  
- LIGHT SPARRING – NO HEAD CONTACT



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## NINJA GRADING SYLLABUS

### RED BELT 1 STRIPE

- 45's
- 180's
- Reverse turning kick
- SELF DEFENCE 2 – two handed grab towards chest or shoulder  
(Double hand technique – double inside palm block and step away at the same time)
- LIGHT CONTACT SPARRING – NO HEAD CONTACT

### RED BELT 2 STRIPE

- Round house kick and reverse turning kick
- 45's and double punch
- Step in and 180's
- SELF DEFENCE 3 – Grab to neck or hair from behind  
(Double hand technique – Turning around and double outside block and step away at the same time)
- LIGHT CONTACT SPARRING – NO HEAD CONTACT

### RED BELT 3 STRIPE – JUNIOR PROVISIONAL BLACK BELT (RED & BLACK WILL BE ISSUED)

- Shuffle round house kick and reverse turning kick
- 45's and back kick
- Jumping up back kick
- Good behaviour reference from Parents or Guardian for six month period
- Good behaviour reference from school teacher, or any community member for six month period
- SPECIAL TASK: DO A PROJECT / ESSAY ON "The value of teachers and parents /carers". MIN. 200 words
- SELF DEFENCE 4 – bear hug from front  
(Double hand technique – Double strike under arms, double palm push strike to chest and step away)
- KNOWLEDGE OF ALL PREVIOUS SELF DEFENCE MOVES
- CONTACT SPARRING – NO HEAD CONTACT

### PLEASE NOTE

- Wolf pack students will be eligible to sit for their 1st Poom belt grade from 10 years of age.
- All Wolf Pack Junior Provisional Black Belts will have to stay on that grade for no less than six months to be eligible to sit for their 1st Poom (Junior Black Belt) belt grade.



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## PATHWAYS TO BECOMING A BLACKBELT

<p>Minor students 7-10 years</p>	<p><b>Red three stripe to 'MINOR CHO POOM BO'</b></p> <ul style="list-style-type: none"> <li>• Minimum Age 7years</li> <li>• Minimum classes 30 classes between Red 3 stripe to Minor Cho Poom Bo</li> <li>• Minimum duration between Red 3 stripe to Minor Cho Poom Bo 3 months on Red 3 grade</li> <li>• Belt colour; Red and Black belt</li> <li>• Syllabus requirements; Please refer to Wolves grading syllabus</li> </ul>	<p><b>'MINOR CHO POOM BO' to 'CHO POOM' (Junior Black Belt)</b></p> <ul style="list-style-type: none"> <li>• Minimum Age 9years</li> <li>• Minimum classes 50 classes between Minor Cho Poom Bo to Cho Poom</li> <li>• Minimum duration six months on grade</li> <li>• Belt colour; Full Black belt</li> <li>• Syllabus requirements; Please refer to Wolves grading syllabus</li> </ul>
<p>Junior students 11-15 years</p>	<p><b>Red three stripe to 'CHO POOM BO'</b></p> <ul style="list-style-type: none"> <li>• Minimum Age 11 years</li> <li>• Minimum classes 30 classes between Red 3 stripe to Cho Poom Bo</li> <li>• Minimum duration between Red 3 stripe to Cho Poom Bo 3 months on Red 3 grade</li> <li>• Belt colour; Red and Black belt</li> <li>• Syllabus requirements; Please refer to Wolves grading syllabus</li> </ul>	<p><b>'CHO POOM BO' to 'CHO POOM' (Junior Black Belt)</b></p> <ul style="list-style-type: none"> <li>• Minimum Age 9years</li> <li>• Minimum classes 50 classes between Cho Poom Bo to Cho Poom</li> <li>• Minimum duration six months on grade</li> <li>• Belt colour; Full Black belt</li> <li>• Syllabus requirements; Please refer to Wolves grading syllabus</li> </ul>
<p>Senior students 16 years and over</p>	<p><b>Red three stripe to 'CHO DAN BO'</b></p> <ul style="list-style-type: none"> <li>• Minimum Age 16years</li> <li>• Minimum classes 30 classes between Red 3 stripe to Cho Dan Bo</li> <li>• Minimum duration between Red 3 stripe to Cho Dan Bo 3 months on Red 3 grade</li> <li>• Belt colour; Black belt with Red stripe</li> <li>• Syllabus requirements; Please refer to Wolves grading syllabus</li> </ul>	<p><b>'CHO DAN BO' to ' CHO DAN '</b></p> <ul style="list-style-type: none"> <li>• Minimum Age 16years</li> <li>• Minimum classes 50 classes between Cho Dan Bo to Cho Dan</li> <li>• Minimum duration six months on grade</li> <li>• Belt colour; Full Black belt</li> <li>• Syllabus requirements; Please refer to Wolves grading syllabus</li> </ul>