



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 Gyeorugi 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 Gyeorugi 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 Gyeorugi 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 Gyeorugi 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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SENIOR GRADING SYLLABUS

Effective as from 01.06.2005

Grading Syllabus is designed for students aged 10 years and over

Self-defence criteria for Gup gradings will be included in the grading syllabus as from 18th Sept 2005

WHITE BELT

- Stances: Horse (Juchum sogi), natural or ease stance (Pyong-hi sogi), attention (Charyot sogi), Ready Stance (Jumbi sogi), forward stance (Apgubi), back stance (Dwitgubi), Walking stance (Apseogi)
- Horse stance punching
- Blocking, upper, lower, inside and outside blocks
- Front kick
- Round house kick
- NO CONTACT SPARRING

YELLOW BELT 1 STRIPE

- Taegeuk 1
- Push kick
- Side kick
- Front kick and punch
- Round house kick and reverse punch
- LIGHT CONTACT SPARRING

YELLOW BELT 2 STRIPE

- Taegeuk 2
- Double front kick and double punch
- Double round house and double punch
- Step to side and punch
- Back kick
- LIGHT CONTACT SPARRING

YELLOW BELT 3 STRIPE

- Taegeuk 3
- Step back round house kick
- Slide back round house kick
- Round house kick and back kick
- Push kick and round house kick
- LIGHT CONTACT SPARRING



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SENIOR GRADING SYLLABUS

BLUE BELT 1 STRIPE

- Taegeuk 4
- Step in and front kick and double punch
- Step in and round house kick and double punch
- Step back round house kick and back kick
- Step to side and round house kick
- SELF DEFENCE 1 – Outer wrist grab
- LIGHT CONTACT SPARRING

BLUE BELT 2 STRIPE

- Taegeuk 5
- Axe kick
- Shuffle round house kick and double punch
- Reverse turning kick
- Slide to side and push kick
- SELF DEFENCE 2 – Inside wrist grab
- LIGHT CONTACT SPARRING

BLUE BELT 3 STRIPE

- Taegeuk 6
- 45's
- 180's
- Shuffle round house kick and reverse turning kick
- Slide back shuffle round house kick and back kick
- SELF DEFENCE 3 – two hand grab
- LIGHT SPARRING – NO HEAD CONTACT



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SENIOR GRADING SYLLABUS

RED BELT 1 STRIPE

- Taegeuk 7 plus previous patterns
- 45's and double punch
- Step in and 180's
- Shuffle round house kick, pushing kick and back kick
- Slide back, reverse turning kick and round house kick
- SELF DEFENCE 4 – two handed grab to chest
- SELF DEFENCE 5 – one hand grab to chest
- SPARRING – NO HEAD CONTACT

RED BELT 2 STRIPE

- Taegeuk 8 plus previous patterns
- 45's and back kick
- Slide back, 180's and round house kick
- Shuffle round house kick and reverse turning kick, shuffle round house kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 6 – bear hug from front
- SELF DEFENCE 7 – bear hug from behind
- CONTACT SPARRING – NO HEAD CONTACT



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PATHWAYS TO BECOMING A BLACKBELT

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



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PROVISIONAL BLACK BELT GRADING REQUIREMENTS

RED BELT 3 STRIPE to MINOR CHO POOM BO (7-10 years)

- Shuffle round house kick and reverse turning kick
- 45's and back
- Jumping up back kick
- SELF DEFENCE 1- One hand grab towards chest or shoulder
- SELF DEFENCE 2 - two handed grab towards chest or shoulder
- SELF DEFENCE 3 – Grab to neck or hair
- SELF DEFENCE 4 - bear hug from front
- Good behaviour reference form Parents or Guardian for six month period
- Good behaviour reference form 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
- CONTACT SPARRING – NO HEAD CONTACT

RED BELT 3 STRIPE to CHO POOM BO (11-15 years)

- Koreyo
- 45 kick and 180 kick and 45 kick
- Shuffle round house kick and Axe kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 8 - Choke from behind.
- SELF DEFENCE 9 – grab to hair from behind.
- Good behaviour reference form Parents or Guardian for six month period
- Good behaviour reference form 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. 400 words
- *CONTACT SPARRING – NO HEAD CONTACT*

RED BELT 3 STRIPE to CHO DAN BO (16 years and over)

- Koreyo plus Taeguk 7 and Taeguk 8
- 45 kick and 180 kick and 45 kick
- Shuffle round house kick and Axe kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 8 - Choke from behind.
- SELF DEFENCE 9 – grab to hair from behind.
- SPECIAL TASK: DO A PROJECT/ ESSAY ON "The value of self-control and self-discipline"- Min. 500 words
- *CONTACT SPARRING – NO HEAD CONTACT*



1st DAN GRADING REQUIREMENTS

CHO DAN BO TO 1ST DAN GRADING COMPETENCY STANDARDS SHEET

1st Competency: BOARD BREAKING

BOARD BREAKING COMPETENCY TO BE ASSESSED AT THE CHALLENGE CAMP

Performance Criteria:

- Students must attempt to break three boards in three seconds.

Further information on competency

- BOARD BREAK IS ONLY FOR STUDENTS 16 YEARS AND OVER.
- Three board breaks using 2 different kicks and one board break using a closed hand technique.
- Must break two of the three boards in a 3 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used for students 60kg and over.
- 30cm x 20cm x 19mm thick boards should be used for students 60kg and under.

2nd Competency: PATTERNS

Performance Criteria:

- Senior (16yrs and over): Students must demonstrate Koreyo and all coloured belt patterns.
- Junior: Students must demonstrate Koreyo and all Red belt patterns.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

3rd Competency: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 8 – choke from behind.
- SELF DEFENCE 9 – hair grab from behind.
- Plus all self-defence techniques in grading syllabus.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.

4th Competency: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo Techniques listed in the club grading syllabus in any combination.



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1st DAN GRADING REQUIREMENTS - continued

5th Competency: CONTACT SPARRING (no head contact)

Performance Criteria:

- The student will participate in one round of a 2 minute contact spar.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than two counter fighting techniques.
- The student must show more two than assertive fighting techniques.
- The student must demonstrate their courage and spirit. For example:
They must move forward whilst sparring, not cowering away from their opponent.
They must not show anger or humour during the spar. They must keep eye contact.
Their techniques must contact their opponent.

6th Competency: HISTORY AND TERMINOLOGY

- Explain the meaning of Koreyo
- Demonstrate terminology for:
 - attention and bow
 - start and stop
 - relax
 - and count to ten in Korean.



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2nd DAN GRADING REQUIREMENTS

2ND DAN BLACK BELT GRADING COMPETENCY STANDARDS SHEET

1st Competency: BOARD BREAKING

BOARD BREAKING COMPETENCY TO BE ASSESSED AT THE CHALLENGE CAMP

Performance Criteria:

- Students must attempt four breaks in four seconds.

Further information on competency

- BOARD BREAK IS ONLY FOR STUDENTS 16 YEARS AND OVER.
- Three board breaks using 3 different kicks and one board break using a closed hand technique.
- Must break three of the four boards in a 4 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.
- 20cm x 30cm BOARDS WILL BE AVAILABLE FOR STUDENTS IF REQUESTED.

2nd Competency: PATTERNS

Performance Criteria:

- Senior: Students must demonstrate Geumgang, Koreyo and all coloured belt patterns.
- Junior: Students must demonstrate Geumgang, Korero and all Red belt patterns.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

3rd Competency: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 10 Knife attacks: thrusting forward and over hand attack.
- SELF DEFENCE 11: Knife attacks: over hand attack.
- SELF DEFENCE 12: Knife attacks: swing arm attack.
- Plus all self-defence techniques in grading syllabus.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.



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2nd DAN GRADING REQUIREMENTS - continued

4th Competency: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo Techniques listed in the club grading syllabus in any combination.

Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own chest height.

5th Competency: CONTACT SPARRING (no head contact)

Performance Criteria:

- The student will participate in two rounds of 2 minute contact spars.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than three counter fighting techniques.
- The student must show more than three assertive fighting techniques.
- The student must demonstrate their courage and spirit. For example:
 - They must move forward whilst sparring, not cowing away from their opponent.
 - They must not show anger or humour during the spar. They must keep eye contact.
 - Their techniques must contact their opponent.

6th Competency: HISTORY AND TERMINOLOGY

- Explain the meaning of Gumgang
- Demonstrate terminology for:
 - attention and bow,
 - start
 - stop
 - relax,
 - formal front stance,
 - horse stance
 - back stance
 - ready stance
 - and count to ten in Korean.
- Explain the meaning of Taeguek.



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3rd DAN GRADING REQUIREMENTS

3RD DAN BLACK BELT GRADING COMPETENCY STANDARDS SHEET

Please note this is a GUIDE ONLY as the Master generally sets out his own grading criteria on the grading day. You will not be asked to do any more than is set out in this competency sheet.

1st Competency: BOARD BREAKING

Performance Criteria:

- Students must attempt to break four boards in four seconds.

Further information on competency

- Three **double** board breaks using 3 different kicks and one single board break using any hand technique.
- Must break three of the four boards attempted in a 4 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.

2nd Competency: PATTERNS

Performance Criteria:

- Students must demonstrate Taeback, Geumgang, and Koreyo.
- Students must know all coloured belt patterns comprehensively.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

3rd Competency: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo techniques listed in the club grading syllabus in any combination.

Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own chest height.



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3rd DAN GRADING REQUIREMENTS - continued

4th Competency: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 13: Two-man attack – self-defence techniques against two weapon attacks. Two-second intervals between attacks.
- SELF DEFENCE 14: Three-man attack – self-defence techniques against three un-armed attacks. Two-second intervals between attacks.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.
- All techniques that are going to be used during the self-defence demonstration must have been shown to, and sanctioned by the Head Instructor.

5th Competency: CONTACT SPARRING (no head contact)

Performance Criteria:

- The student will participate in three rounds of 2 minute contact spars.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than four counter fighting techniques.
- The student must show more than four assertive fighting techniques.
- The student must demonstrate their courage and spirit.

6th Competency: HISTORY AND TERMINOLOGY

- Explain the meaning of Taeback
- Demonstrate terminology for:
 - formal front stance
 - horse stance
 - lower block
 - upper block
 - front kick
 - round house kick
 - front punch
 - back stance
 - ready stance,
 - outside middle block
 - inner middle block
 - back kick
 - side kick
 - knife hand strike.
- Basic knowledge of history of Taekwondo and its origins.



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4th DAN GRADING REQUIREMENTS

4TH DAN BLACK BELT GRADING COMPETENCY STANDARDS SHEET

Please note this is a GUIDE ONLY as the Master generally sets out his own grading criteria on the grading day. You will not be asked to do any more than is set out in this competency sheet.

1st Competency: BOARD BREAKING

Performance Criteria:

- Students must attempt to break 5 boards in five seconds.

Further information on competency

- Three **double** board breaks using 3 different kicks and two single board breaks using any hand technique.
- Must break four of the five boards attempted in a 5 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.

2nd Competency: PATTERNS

Performance Criteria:

- Students must demonstrate Pyongwon, Taeback and Geumgang.
- Students must know Koreyo and all coloured belt patterns comprehensively.

Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

3rd Competency: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo techniques listed in the club grading syllabus in any combination.

Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own chest height.



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4th DAN GRADING REQUIREMENTS - continued

4th Competency: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 15: Three-man attack – self-defence techniques against three weapon attacks
Two-second intervals between attacks.
- SELF DEFENCE 15: Four-man attack – self-defence techniques against un-armed attacks
Two-second intervals between attacks.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.
- All techniques that are going to be used during the self-defence demonstration must have been shown to, and sanctioned by the Head Instructor.

5th Competency: CONTACT SPARRING (no head contact)

Performance Criteria:

- The student will participate in three rounds of 3 minute contact spars.

Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than five counter fighting techniques.
- The student must show more than five assertive fighting techniques.
- The student must demonstrate their courage and spirit.

6th Competency: HISTORY AND TERMINOLOGY

- Explain the meaning of Pyongwon.

- Demonstrate terminology for:

- | | |
|------------------------------|-------------------------------|
| - <u>formal front stance</u> | - <u>back stance</u> |
| - <u>horse stance</u> | - <u>ready stance,</u> |
| - <u>lower block</u> | - <u>outside middle block</u> |
| - <u>upper block</u> | - <u>inner middle block</u> |
| - <u>front kick</u> | - <u>back kick</u> |
| - <u>round house kick</u> | - <u>side kick</u> |
| - <u>axe kick</u> | - <u>reverse turning kick</u> |
| - <u>pushing kick</u> | |
| - <u>front punch</u> | - <u>elbow strike</u> |
| - <u>back fist strike</u> | - <u>knife-hand strike.</u> |

- Comprehensive knowledge of history of Taekwondo and its origins.