

Koryo Taekwondo Centre

Grading Syllabus for 1st Poom/Dan to 2nd Poom / 2nd Dan
The tasks below are a minimum requirement only.

Poomsae

Seniors: All Taeguek & Palgwae Forms plus Koryo & Keumgang.

Juniors: All Taeguek plus Palgwae 1 to 5 plus Koryo & Keumgang.

Yaksok Kyorugi

1. One Step sparring.
2. Two Step sparring.
3. Three Step sparring.

Kyorugi

- 1 on 1 Sparring. (2 Rounds)
- 2 on 1 Sparring. (2 Rounds)

Hosinsul

1. 1 Step Self Defense.
2. Two different Strangulation. (Own choice)
3. Three Club Attacks. (Own choice)
4. Three Knife Attacks. (Own choice)
5. Six Self Defense. (Own Choice)
6. Three different Wrist Techniques. (Own choice)
7. Demonstrate Hip Throw.
8. Demonstrate Sweep.

Email: woody100@people.net.au Web Address : <http://koryotaekwondo.com.au/>

1st January 2012

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Kyukpa

Senior: Combination break 4 different targets.
(2 Feet & 2 Hands)

Junior: Combination break 4 different targets.
(2 Feet & 2 Hands)

Theory

1. Terminology for Poomsae Keumgang.
2. Poomsae application.
3. General Knowledge.
4. History.
5. Etiquette.
6. 1000 word Essay.

Fitness

30 Push Ups. (Seniors)

20 Push Ups. (Juniors)

30 Sit Ups. (Seniors)

20 Sit Ups. (Juniors)

30 Continuous Roundhouse Kicks on to a pad for
each leg. (Seniors)

20 Continuous Roundhouse Kicks on to a pad for
each leg. (Juniors)

Please Note: Examiners Discretion may be exercised.

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