

Koryo Taekwondo Centre

Grading Syllabus for Cho Dan Bo to 1st Poom & 1st Dan
The tasks below are a minimum requirement only.

Poomsae

Seniors: All Taeguek & Palgwae Forms plus Koryo.

Juniors: All Taeguek plus Palgwae 1 to 4 & Koryo.

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. Three different Wrist Techniques. (Own choice)
3. Two different Strangulation. (Own choice)
4. Three Club Attacks. (Own choice)
5. Three Knife Attacks. (Own choice)
6. Five Self Defense. (Own Choice)
7. Demonstrate Hip Throw.

Kyukpa

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

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

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Theory

1. Terminology for Poomsae Koryo.
2. Poomsae application.
3. General Knowledge.
4. History.
5. Etiquette.
6. 250 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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1st January 2012