

Koryo Taekwondo Centre

Dan/Poom Grading Syllabus

One, Two and Three Step Exercise

Stepped Exercise was develop to improve the following,

Co ordination.

Distance from attacker.

Improve technical skills

Controlled defense and attacking techniques.

Various stances for defense and attacking techniques.

Accuracy

Balance.

Concentration.

Eye to eye contact.

Poomsae Terminology

Poomsae Terminology requirement will be from the Poomsae they are require to perform for the rank which the candidate is sitting for,

Example

1 st Dan / Pum	Koryo
2 nd Dan / Pum	Keumgang
3 rd Dan / Pum	Taebaek
4 th Dan	Pyongwon
5 th Dan	Sipjin
6 th Dan	Jitae
7 th Dan	Chonkwon

Koryo Taekwondo Centre

11 Perry Court Roxburgh Park 3064

Phone 0393086019

Mobile 0405 659 684

Email: woody100@people.net.au Web Address : <http://home.people.net.au/~koryo/>

June 2009

Koryo Taekwondo Centre

Dan/Poom Grading Syllabus

Written Essay

An essay is required from a candidate sitting a Dan / Poom Grading giving in their own words what Taekwondo means to them and what they would like to achieve in the future with their Taekwondo training.

What does receiving their Black Belt or their new Dan level mean to them?

Their achievements in Taekwondo.

History of Taekwondo.

Taekwondo philosophy.

Note: The examiner can accept the submitted essay as part or all of the Terminology and General Knowledge questions at the grading.

Note: Junior candidates can submit their written response in a Project Format.

The number of words required is detailed below,

1 st Dan / Poom	250 Words
2 nd Dan / Poom	1000 Words
3 rd Dan / Poom	2000 Words
4 th Dan	3000 Words
5 th Dan	4000 Words
6 th Dan	5000 Words
7 th Dan	5000 Words

Koryo Taekwondo Centre

11 Perry Court Roxburgh Park 3064

Phone 0393086019

Mobile 0405 659 684

Email: woody100@people.net.au Web Address : <http://home.people.net.au/~koryo/>

June 2009