

# Koryo Taekwondo Centre

## Dan/Poom Grading Syllabus

### WHAT DOES THE NAME KORYO MEAN?

Koryo (pronounced Goryo) was a dynasty founded in 918 AD where Taekwondo took a position of even greater Military significance. It came to be practiced as both a Martial and a Sport with systemized rules. Contests were held in the presence of the King with the successful contenders being awarded higher Military Rank. Goryo was famed for its cultural achievements and traditional ceramics. The people of this period were renowned for their valiant fighting spirit with which they overcame Mongolian aggression.

- ☉ Improved Fitness
- ☉ Effective Methods of Self Defense
- ☉ Gain Self Confidence
- ☉ Improve your Health
- ☉ Meet new people
- ☉ Development of self character
- ☉ Develop clarity of mind and purpose
- ☉ Improve Mental attitudes
- ☉ Achieve the indomitable Martial Art Spirit
- ☉ Opportunity to compete in Club, State, National, International & Olympic levels.

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