

Koryo Taekwondo Centre

Dan/Poom Grading Syllabus

What does Taekwondo mean to me?

Effective method of Self Defense.

Improves Fitness.

Improves one's health.

Teaches Modesty and Compassion.

Improves Self Discipline.

Teaches Honor and Integrity.

Gain Self Confidence.

Improves Mental Attitude.

Achieve the Martial Spirit.

Development of Self Character.

Develops Clarity of Mind and Purpose.

The Opportunity to test One's Self in Competitions.

Improves Social Life.

To one day pass on my Taekwondo Knowledge to others.

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June 2009