

TAEKWON-DO

Schools of Excellence

GRADING SYLLABUS

2ND DAN BLACK BELT

TO

3RD DAN BLACK BELT

Eui-Am Tul

Interpretation: Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Ready stance: Close Ready Stance D

No of moves: 45

No of stances: 6

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an X-fist.
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D.
Perform 5 and 6 in a continuous motion.
7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
9. Execute a middle reverse turning kick to AC with the right foot.
10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.
13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.
14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.

Eui-Am Tul (cont'd)

16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.
17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
18. Lower the right foot to C forming a right walking stance toward C while executing a downward block with an x-fist.
19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C.
Perform 18 and 19 in a continuous motion.
20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
22. Execute a middle reverse turning kick to AD with the left foot.
23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.
24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.
26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.
28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.
32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
33. Execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
37. Execute a high reverse turning kick to BD with the right foot.
38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
39. Execute a high reverse turning kick to AD with the left foot.
40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.

Eui-Am Tul (cont'd)

42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form close ready stance D facing D.

Choong-Jang Tul

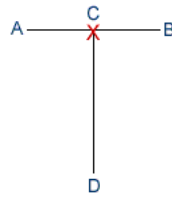
Interpretation: Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity

Ready stance: Close Ready Stance A

No of moves: 52

No of stances: 5

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward D at the same time executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward D at the same time executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat fingertip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.

Choong-Jang Tul (cont't)

15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
26. Execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D pivoting with the right foot.
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.
30. Punch the left palm with the right fist while maintaining a right L-stance toward C.
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.

Choong-Jang Tul (cont't)

39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.
46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c.
Perform 46 and 47 in a fast motion.
48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin fore-knuckle fist.
49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.
52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form close ready stance A facing D.

Juche Tul

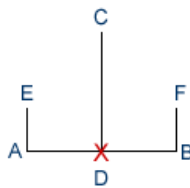
Interpretation: Juche is the philosophical belief that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in the Baekdu Mountain which symbolises the spirit of the Korean people. The diagram represents Baekdu Mountain.

Ready stance: Parallel stance with twin side elbow posture

No of moves: 45

No of stances: 9

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
4. Pull the right reverse foot sword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4.
Perform in slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat fingertip.
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.
14. Execute a middle hooking block to D with the left palm while standing up toward D.
15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.

Juche Tul (cont'd)

16. Pull the left reverse foot sword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16.
Perform in slow motion.
18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat fingertip.
21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.
23. Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward D.
Perform in slow motion.
27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
29. Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
31. Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.
32. Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
33. Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.
34. Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
35. Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
36. Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side with the right foot) while flying to D.
38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.

Juche Tul (cont'd)

39. Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.
40. Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
41. Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
42. Execute a high inward cross-cut to D with the right flat fingertip while forming a parallel stance toward D, pulling the right foot.
43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
44. Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.
45. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form parallel stance with twin side elbow posture facing D.

One Step Advanced Sparring – Black Belt

Measure	The attacker measures the distance between themselves and their opponent by making walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker and defender – parallel ready stance. The attacker should kihap to show that they are ready to begin, the defender kihaps to show they are ready to defend

Black Belt – Level 2

Attack	Step forward with either leg into an appropriate stance, perform any strike or kick. If you do a front kick take any leg back but ensure you are facing forward for the kick, if you wish to perform a turning kick, set your body slightly off centre to perform a turning kick hitting with the ball of the foot.
Defence	Perform any appropriate defensive technique. Both return to parallel ready stance

Free Sparring

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

Breaking

At this grading you will also be required to demonstrate board breaking. This is something you will have received close supervision and guidance on in classes and must NOT be attempted outside the Dojang.

The techniques to be demonstrated at this grading are (left and right sides for all):-

Turning kick
Jumping turning kick
Palm strike or punch.

The amount and types of board will be:-

Small juniors	Yellow board
Medium juniors	Orange board
Heavy-weight juniors	Green board
Women	One white board
Men	Two white boards

2nd Dan Black Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Patterns: Eui-Am
Choong Jang
Ko-Dang

Moves in Korean

Diagonal stance	Sasun sogi
Knife hand low inward block	Sonkal najunde anuro makgi
X-fist downward block	Kyocha joomuk naeryo makgi
Knife hand middle wedging block	Sonkal Kaunde hechyo makgi
Reverse knife hand circular block	Sonkal dung dolimyo makgi
Alternate palm downward block	Euhkallin sonbadak naeryo makgi
Reverse knife hand low inward block	Sonkal dung najunde anuro makgi
Inner forearm side-front block	An palmok yop ap makgi
Knife hand low outward block	Sonkal najunde bakuro makgi
Inner forearm parallel block	An palmok narani makgi
Outer forearm parallel block	Bakat palmok narani makgi
Middle hooking kick	Kaunde golcho chagi
Reverse knife hand low front block	Sonkal dung najunde ap makgi
Outer forearm downward block	Bakat palmok naeryo makgi
Twin palm rising block	Sang sonbadak chookyo makgi
Middle reverse turning kick	Kaunde bandae dollyo chagi
Forefist high crescent punch	Ap joomuk nopunde bandal Jirugi
Forefist turning punch	Ap joomuk dollyo dirugi
Double finger high thrust	Doo songarak nopunde tulgi
Back hand downward strike	Sondung naeryo taerigi
Twin knifehand horizontal strike	Sang Sonkal soopyong taerigi
Arc-hand strike	Bandal son taerigi
Twin fore-knuckle high crescent punch	Sang inji joomuk nopunde bandal Jirugi
Open fist high punch	Pyon joomuk nopunde Jirugi
Outward cross-cut	Bakuro ghutgi
Knife-hand mid-air strike	Sonkal twio dolmyo taerigi
Pick-shape kick	Gokaeng-I changi
Straight elbow downward thrust	Sun palkup naeryo tulgi
Arc-hand high crescent strike	Bandal son nopunde bandal taerigi
Twin knife-hand high inward strike	Sang Sonkal nopunde anuro taerigi
Forefist downward punch	Ap joomuk naeryo Jirugi
Reverse turning dodging kick	Bandae dollyo pihamyong chagi
Flying two direction kick	Twimyo sangbang chagi
Middle back piercing kick	Kaunde dwitcha Jirugi
Backfist horizontal strike	Dung joomuk soopyong taerigi
Inward cross-cut	Anuro ghutgi
Flying consecutive punch	Twimyo yonsok Jirugi
Knife-hand front downward strike	Sonkal ap naeryo taerigi

2nd Dan Black Belt Theory & Terminology (cont'd)

Backward double stepping
Backward step slide turning
Backward double step sliding

Ibo omgyo didmyo duruogi
Dwiro omgyo didigo mulmyo dolgi
Dwiro ibo ongyo didimyo mikulgi

Star Gradings

Junior Black Belts have to complete double time between Dan gradings up to the age of 15. The time between 2nd and 3rd Dan gradings would usually be 24 months but for a junior this could extend depending on their age. Basically for every 2 months the junior completes while under the age of 15 would actually equate to 1 month. Please speak to your instructor to work this out accurately and to avoid any confusion.

As the juniors will have to complete extra time we have implemented a system of Star grades to give them a chance to learn everything in the syllabus and complete intermediate gradings. The gradings will take place at the coloured belt gradings and will be based on the following:

1 st Star	Eui-Am
2 nd Star	Choong-Jang
3 rd Star	Ko-Dang
4 th Star	Eui-Am & Choong-Jang
5 th Star	Choong-Jang & Ko-Dang

At each of the Star Gradings you will also be required to perform line work and set sparring.

The star gradings are based on one every six months and on completion of a successful grading the student will be presented with a grading certificate and a gold star which is to be attached to the dobok under the ITF badge.