

Cho's taekwondo/Mugisul Academy

BLACK BELT GRADING SYLLABU



Australian Taekwondo/Mugisul Federation

2nd Dan grading

Dan	Poomsae	Seabon & Hanbon Gyorugi	Hosinsul	Gyorugi
1st for 2nd	1. Keumkang 2. Koryo 3. Taeguk Pal Jang	1. 3 steps No. 1 - No. 7 2. 1 steps No. 1 - No. 18	1.4 times attacks from front 2.4 times attacks from back 3.2 times Defense against knife	1 minute

BLACK BELT BREAKING

All boards to be cut from 290mm wide, 19mm thick pine timber

Dan	Photo	Senior over 16 year old
1st Dan for 2nd Dan	1	Two pine wood breaking by foot or hand.

TERMINOLOGY

1 st for 2 nd	<ol style="list-style-type: none"> 1. Poomsae Gumgang (27 actions). 2. An palmok momtong hechyo makgi (Inside wrist body cleaving block). 3. Batangson Tok chigi (Hill of the hand to the chin) 4. Gumgang makgi (Face & low block at once) . 5. Keun doljogi (Large hinge shape) 6. Santul makgi (Mountain shape block). 7. Bagat palmok arae hachyo makgi (Out side wrist low cleaving block) 8. Hakdari sogi (Crane stance). 9. Goa sogi (Twisted stance) 10. Pyojok chagi (Kick target)
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Grading fee: AUD \$330.00