

Cho's taekwondo/Mugisul Academy

BLACK BELT GRADING SYLLABU



Australian Taekwondo/Mugisul Federation

3rd Dan grading

Dan	Poomsae	Seabon & Hanbon Gyorugi	Hosinsul	Gyorugi
2nd for 3rd	1. Taebaek 2. Keumkang 3. Koryo	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
2nd Dan for 3rd Dan	1	Four pine wood breaking by foot or hand.

TERMINOLOGY

2nd for 3 rd	<ol style="list-style-type: none"> 1. Poomsae Taebaek (26 actions). 2. Sonnal arae hechyo maki (Knife hand low cleaving block). 3. Jebipum mok chigi (Knife hand face block & Knife hand strike at once). 4. Batangson nulra makgi (Palm press downward block). 5. Dang gyo tok chigi (Tug & strike jaw). 6. Agumson (Arc fist). 7. Gawee makgi (Scissors block). 8. Murup chigi (Knee strike). 9. Gungang momtong makgi (Face block & inside wrist out side body block at once). 10. Hosinsul (Self defense).
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Grading fee: AUD \$400.00