

# Cho's taekwondo/Mugisul Academy

## BLACK BELT GRADING SYLLABU



Australian Taekwondo/Mugisul Federation

### 4th Dan grading

Dan	Poomsae	Seabon & Hanbon Gyorugi	Hosinsul	Gyorugi
3rd for 4th	1. Pyongwon 2. Taebaek 3. Keumkang	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
3rd Dan for 4th Dan	1	1. Four pine wood breaking by foot or hand. 2. Brick or tiles breaking by hand. 3. one time any jumping kick breaking.

## TERMINOLOGY

3 <sup>rd</sup> Dan for 4 <sup>th</sup> Dan	<ol style="list-style-type: none"> <li>1. Poomsae Pyongwon (21 actions).</li> <li>2. Palgup Tok chigi (Elbow strike to the chin).</li> <li>3. Goduro olgul makgi (Double face block).</li> <li>4. Han sonnal arae makgi (Single knife hand low block).</li> <li>5. Mung-ae chigi (Twin elbow strike).</li> <li>6. Son (Hand).</li> <li>7. Gyop son (Pile of palm fist).</li> <li>8. Orun (Right).</li> <li>9. Wen (Left).</li> <li>10. Bongsul (Staff techniques).</li> <li>11. Yaksok gyorugi (Any kind of arranged sparing).</li> <li>12. Gyorugi (Free sparing).</li> </ol>
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Grading fee: AUD \$470.00