

Australian Taekwondo Federation

Cho's Taekwondo/Mugisul Academy

Black Belt Grading Syllabus



Australian Taekwondo/Mugisul Federation

5th Dan grading

Dan	Poomsae	Seabon & Hanbon Gyorugi	Hosinsul	Gyorugi
4 th for 5 th	1. Sipjin 2. Pyongwon 3. Taeback	1. 3 steps No. 1 - No. 7 2. 1 steps No. 1 - No. 18	1. 5 times attacks from front 2. 5 times attacks from back 3. 5 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
4th Dan for 5 th Dan	1	Two pine wood breaking by foot or hand. Must supply your own board

TERMINOLOGY

4 th for 5 th	<ol style="list-style-type: none">1. Poomsae Sipjin (28 actions).2. Whangso makgi (Bull block).3. Pyonsongut opo cjiroogi (Flat spear finger thrust).4. Sonbadak godro momtong bagat makgi (Palm hand assist body outer blocking).5. Yop ji roogi (Side punch).6. Bawi milgi (Push boulder).7. Chetdari jiroogi (Horizontal twin side punch).8. Dro oligi (Pull up).9. Godro dungjumok olgul chigi (Guarding back fist strike to the face) .10. Sonnal otgoro arae makgi (Cross knife hand low block).11. Annyeog Hasipniga? (How are you?).12. Sonnaldung momtong makgi (Reverse knife hand body block).
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Other information

1. Grading fee: AD \$800.00
2. You can do video grading
3. Email address: gmydcho@gmail.com
4. My home address: Unit 5/102 Main Street Blackburn Vic 3130 Australia
5. Internet Banking
Name: Yong Dai Cho
Name of Bank: Westpac Bank
BSB: 733173
Account number: 767582