



Taekwondo **Bongsul** Grading Rules

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1. Purpose of Grading.

- A. Bongsul practitioners can be certified at their Bongsul rank so as to encourage them to train hard and progress to the next Bong level.
- B. Judgement is for accuracy of techniques, safe training method, purpose of Bongsul training, etiquette and manner.
- C. Taekwondo Bongsul is ranked from 1st Bong – 9th Bong.
- D. Practitioners who pass their grading who will be issued a certificate.
- E. The practitioner who grades must pay the required grading fee, with the lodgement of grading application form.

2. Obligatory Training Period for Grading.

The minimum training periods to qualify for grading is listed below.

	1 st Bong	2 nd Bong	3 rd Bong	4 th Bong	5 th Bong	6 th Bong	7 th Bong	8 th Bong	9 th Bong
Training period	-	3 Months	3 Months	3 Months	3 Months	3 Months	3 Months	3 Months	3 Months

3. Bongsul rank

From 1st Bong to 9th Bong, stripes (PVC tape) must be placed at both ends of the Bong to indicate current rank. Width of tape is 18mm and the gap between stripes is 18mm. 1st stripe is placed with a 36mm gap from each end.

	1 st Bong	2 nd Bong	3 rd Bong	4 th Bong	5 th Bong	6 th Bong	7 th Bong	8 th Bong	9 th Bong
Blue stripes	1 Stripe	2 Stripes	3 stripes						
Red stripes				1 stripe	2 stripes	3 stripes			
Black stripes							1 stripe	2 stripes	3 stripes

TAEKWONDO **BONGSUL** GRADING SYLLABUS

RANKING OF BONGSUL	BONGSUL HYUNG	BONGSUL DAETA HYUNG	BONGSUL DAETA JYON	GYOKPA (Breaking)	Bongsul Terminology
1 st Bong	Cho's Bongsul 1 Hyung	Cho's Bongsul Daeta 1 Hyungs	Cho's Bongsul Daeta 1 Jyon	-	* Yangjok Bong (Both side stick) * Junbi Bong (Ready stick)
2 nd Bong	Cho's Bongsul 2 Hyung	Cho's Bongsul Daeta 2 Hyung	Cho's Bongsul Daeta 2 Jyon	* Downward strike. (Right or left stick)	* Oren Bong (Right stick) * Wen Bong (Left stick)
3 rd Bong	Cho's Bongsul 3 Hyung	Cho's Bongsul Daeta 3 Hyung	Cho's Bongsul Daeta 3 Jyon	* Face side strikes. (Right or left stick)	* Olgool makgi (Face block) * Arae makgi (Low block)
4 th Bong	Cho's Bongsul 4 Hyung	Cho's Bongsul Daeta 4 Hyung	Cho's Bongsul Daeta 4 Jyon	* Downward strike. (Right or left stick) * Body side strikes. (Right or left stick)	* Naeryochigi (Downward strike) * Oren Bong yopchigi (Right stick side striking) * Apuro dolgi (Forward turn) * Apuro bandae dolgi (Reverse forward turn)
5 th Bong	Cho's Bongsul 5 Hyung	Cho's Bongsul Daeta 5 Hyung	Cho's Bongsul Daeta 5 Jyon	* Forward thrusts. (Right or left stick) * Double handed stick side strikes.	* Wen Bong yopchigi (Left stick side striking) * Oren momtong makgi (Right body block) * Wen momtong makgi (Left body block) * Dwero dolgi (Backward turn)
6 th Bong	Cho's Bongsul 6 Hyung	Cho's Bongsul Daeta 6 Hyung	Cho's Bongsul Daeta 6 Jyon	* Double handed stick downward strike. * Double handed stick face spinning strike.	* Doosonbong Olgool dolyochigi (Double handed stick spinning strike) * Doosonbong Olgool Naertochigi (Double handed stick Downward strike) * Oren Otgolo Bong (Right crossed hands stick) * Dwero bandae dolgi (Reverse backwards turn)
7 th Bong	Cho's Bongsul 7 Hyung	Cho's Bongsul Daeta 7 Hyung	Cho's Bongsul Daeta 7 Jyon	* Crossed hands sticks side strike. (Right or left stick) * Double handed downward strike.	* Wen Otgolo Bong (Left crossed hands stick) * Dooson Bong (Double handed stick) * Olryochigi (Upward strike) * Apuro mom doligi (Forward face turn)
8 th Bong	Cho's Bongsul 8 Hyung	Cho's Bongsul Daeta 8 Hyung	Cho's Bongsul Daeta 8 Jyon	* Double handed stick spinning strike. * Side thrust.	* Oren momtong miro makgi (Right body pushing block) * Wen momtong miro makgi (Left body pushing block) * Milochigi (Pushing strike) * Apuro bandae mom doligi (Reverse forward facing turn)
9 th Bong	Cho's Bongsul 9 Hyung	Cho's Bongsul Daeta 9 Hyung	Cho's Bongsul Daeta 9 Jyon	* Double handed stick face spinning strike. * Double handed long forward thrust.	* Yop cjiroogi (Side thrust) * Oren ap saewo makgi (Right front vertical block) * Dwero bandae mom doligi (Reverse backward facing turn) * Oren jokeuro dolgi (Right turn) * Wen jokeuro dolgi (Left turn) * Essay (10 pages)

Bongsul level certificate awarding by Grand Master Yong Dai Cho