

Australian Taekwondo Federation

Cho's taekwondo/Mugisul Academy

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Australian Taekwondo/Mugisul Federation

BLACK BELT GRADING SYLLABUS

8th Dan grading

Dan	Poomsae	Seabon & Hanbon Gyorugi	Hosinsul	Gyorugi
7 th for 8 th	1. Hansoo 2. Chonkwon 3. Jitae	1 steps No. 1 - No. 15	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	Essay	Senior over 16 year old
7th Dan for 8 th Dan	A4 10 pages or more	Two pine wood breaking by foot or hand. Must supply your own board

TERMINOLOGY

7 th for 8 th	<ol style="list-style-type: none">1. Poomsae Hansoo (27 action)2. Sonnaldeung momtong hecho makgi (Reverse knife hand body cleaving block)3. Du mejumok yopkuri chigi (Both hammer fist strike side body)4. Wen kaljaebi (Left knife swallow)5. Du jumok jecho jirugi (Both fist upper punch)6. Pyojok aremakgi (Target low block)7. Sonnal keung Kang Makgi (Knife hand face & low block at once)8. Miro chagi (Pushing kick)9. Gamsa Hapnida (Thank you)10. Yeh-uh (Manner)11. Wae yu nae kang (Keep iron will but look like gentle)12. Il gyok pilsal (One attack must kill)
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Other information

1. Grading fee: AD \$1,500.00
2. No Kukkiwon Dan certificate
3. Only you will get the Australian Taekwondo Federation Dan certificate
4. You can do video grading
5. My email address: gmydcho@gmail.com
6. My home address: Unit 5/102 Main Street Blackburn Vic 3130 Australia
7. Internet Banking
Name: Yong Dai Cho
Name of Bank: Westpac Bank
BSB: 733173
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