

Australian Taekwondo Federation

Cho's Taekwondo/Mugisul Academy

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Australian Taekwondo/Mugisul Federation

9th Dan Black Belt Grading Syllabus

9th Dan grading

Dan	Poomsae	Hanbon Gyorugi	Hosinsul	Gyorugi
8 th for 9 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
8th Dan for 9 th Dan	A4 10 pages or more	Four pine wood breaking by foot or hand Must supply your own board

TERMINOLOGY

8 th for 9 th	1. Han kook (Korea) 2. Ho Ju (Australia) 3. Sae Gye Taekeondo (World taekwondo) 4. Sa bum nim (Instructor) 5. Gamsa Hapnida (Thank you) 6. Yeh-uh (Manner) 7. Wae yu nae kang (Keep iron will but look like gentle) 8. Il gyok pilsal (One attack must kill)
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Other information

1. Grading fee: AD \$2,000.00
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
Account number: 767582