



Taekwondo **Ssangbongsul** Grading Rules

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1. Purpose of Grading.

- A. Ssangbongsul practitioners can be certified at their Ssangbongsul rank so as to encourage them to train hard and progress to the next Ssangbong level.
- B. Judgement is for accuracy of techniques, safe training method, purpose of Bongsul training, etiquette and manner.
- C. Taekwondo Ssangbongsul is ranked from 1st Ssangbong – 9th Ssangbong.
- 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 Ssang- bong	2 nd Ssang- bong	3 rd Ssang- bong	4 th Ssang- bong	5 th Ssang- bong	6 th Ssang- bong	7 th Ssang- bong	8 th Ssang- bong	9 th Ssang- 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 Ssang- bong	2 nd Ssang- bong	3 rd Ssang- bong	4 th Ssang- bong	5 th Ssang- bong	6 th Ssang- bong	7 th Ssang- bong	8 th Ssang- bong	9 th Ssang- 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 SSANGBONGSUL GRADING SYLLABUS

RANKING OF SSANG-BONGSUL	SSANG-BONGSUL HYUNG	SSANG-BONGSUL DAETA HYUNG	SSANG-BONGSUL DAETA JYON	SSANGBONGSUL GYOKPA (Breaking)	SSANGBONGSULI TERMINOLOGY
1 st Ssangbong	Cho's Ssang-bngsul 1 Hyung	Cho's Ssangbngsul Daeta 1 Hyungs	Cho's Ssangbngsul Daeta 1 Jyon	-	* Yangjok Ssangbong (Both side stick)
2 nd Ssangbong	Cho's Ssang-bngsul 2 Hyung	Cho's Ssangbngsul Daeta 2 Hyungs	Cho's Ssangbngsul Daeta 2 Jyon	* Downward strike. (Right or left stick)	* Oren Ssangbong (Right stick) * Wen Bong (Left stick)
3 rd Ssangbong	Cho's Ssang-bngsul 3 Hyung	Cho's Bongsul Daeta 3 Hyungs	Cho's Ssangbngsul Daeta 3 Jyon	* Face side strikes. (Right or left stick)	* Olgool makgi (Face block) * Arae makgi (Low block)
4 th Ssangbong	Cho's Ssang-bngsul 4 Hyung	Cho's Ssangbngsul Daeta 4 Hyungs	Cho's Ssangbngsul 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 Ssangbong	Cho's Ssangbngsul 5 Hyung	Cho's Ssangbngsul Daeta 5 Hyungs	Cho's Ssangbngsul Daeta 5 Jyon	* Forward thrusts. (Right or left stick) * Face side strikes. (Right or left stick)	* 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 Ssangbong	Cho's Ssangbngsul 6 Hyung	Cho's Ssangbngsul Daeta 6 Hyungs	Cho's Ssangbngsul Daeta 6 Jyon	* Downward strike. * Face spinning strike. * Forward thrusts. (Right or left stick)	* Oren Otgolo Bong (Right crossed hands stick) * Dwero bandae dolgi (Reverse backwards turn) * Dwero mom doligi (Backward facing turn) * Ap Cjiroogi (forward thrust)
7 th Ssangbong	Cho's Ssangbngsul 7 Hyung	Cho's Ssangbngsul Daeta 7 Hyungs	Cho's Ssangbngsul Daeta 67 Jyon	* Downward strike. * Crossed hands sticks side strike. (Right or left stick)	* Olgool milochigi (Pushing strike) * Apuro mom doligi (Forward face turn) * Dwero mom doligi (Backward facing turn)
8 th Ssangbong	Cho's Ssangbngsul 8 Hyung	Cho's Ssangbngsul Daeta 8 Hyungs	Cho's Ssangbngsul Daeta 8 Jyon	* Face spinning strike. * Body side thrust.	* Olgool milochigi (Pushing strike) * Dolyo chigi (Spinning strike) * Gilgae Ap cjiroogi (Long forward thrust) * Apuro bandae mom doligi (Reverse forward facing turn)
9 th Ssangbong	Cho's Ssangbngsul 9 Hyung	Cho's Ssangbngsul Daeta 9 Hyungs	Cho's Ssangbngsul Daeta 9 Jyon	* Downward strike. (Right or left stick) * Forward thrust.	* Yop cjiroogi (Side thrust) * Oren ap saewo makgi (Right front vertical block) * Dwero bandae mom doligi (Revere backward facing turn) * Oren jokeuro dolgi (Right turn) * Wen jokeuro dolgi (Left turn) * Essay (10 pages)

Ssangbongsul level certificate awarding by Grand Master Yong Dai Cho