



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 3rd DAN BLACK BELT

PRACTICAL

Basics & combinations from this & all previous syllabus & attend Pre-gradings every 6 months

Choice coloured & black belt pattern(s)

Set coloured & black Belt Pattern(s)

Black belt patterns (Sam-Il, Choi-Yong, Yoo-Sin)

Free Sparring

All Set Sparring (One step to includes locks & take downs)

Advanced Breaking (Hand & Foot)

Min requirement: 4 breaks, one with each hand (only ladies may choose to use elbow), Any Rear Leg

Standing Kick, & your choice of kick with your other leg *you may choose jumping (optional)*

(Ladies 1 board, Gents 2 boards, Juniors (U18) Kick shield)

NEW TERMINOLOGY

SAM-IL (33 moves)

SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

Knife Hand High Reverse Side Block
Diagonal Stance

Sonkal Nounde Bande Yop Magki
Sasun Sogi

Diagonal Stance back Elbow Thrust
Middle Twisting Kick
Reverse Knife Hand Middle Wedging block
Outer forearm High outward Block
Double Fist Low Punch
Reverse Knife hand High Guarding block
Sweeping kick

Sasun Sogi Dwit Palkup Tulgi
Kaunde Bituro Chagi
Sonkal Dung kaunde Heychyo Magki
Bakat Palmok Nopunde Bakuro Magki
Doo Joomuk Najunde Jirugi
Sonkal Dung Nopunde Daebi Magki
Suroh Chagi

CHOI-YONG (46 Moves)

CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.

Middle Knuckle Fist High Punch
Knife Hand W-shape Block
Reverse Hooking Kick

Joongi Joomuk Nopunde Jirugi
Sonkal San Magki
Bandaedollyo Goro Chagi

YOO-SIN (68 Moves)

YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolising Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation

Warrior Ready Stance B
Sitting stance Releasing motion
Sitting stance Angle Punch
U shaped Punch
Waving kick
X Knife Hand Rising Block
Reverse Knife Hand High Block
Back Hand Horizontal Strike
Crescent Kick
Vertical Stance Side Fist Downward Strike

Moosa Chunbi Sogi B
Annun Sogi Baegi
Giokja Jirugi
Digutja Jirugi
Doro Chagi
Kyocha Sonkal Chokyo Magki
Sonkal Dung Nopunde Magki
Sondung Soopyong Taerigi
Bandal Chagi
Soojik Sogi Yop Joomuk Naeryo Taerigi