

# Australian Taekwondo Federation

Cho's Taekwondo/Mugisul Academy

Black Belt Grading Syllabus



Australian Taekwondo/Mugisul Federation

## 6th Dan grading

Dan	Poomsae	Hanbon Gyorugi	Hosinsul	Gyorugi
5 <sup>th</sup> for 6 <sup>th</sup>	1. Jitae 2. Sipjin 3. Pyonwon	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	Photo	Essay	Senior over 16 year old
5th Dan for 6 <sup>th</sup> Dan	1	A4 10 pages or more	Two pine wood breaking by foot or hand. <span style="color: red;">Must supply your own board</span>

## TERMINOLOGY

5 <sup>th</sup> for 6 <sup>th</sup>	<ol style="list-style-type: none"> <li>1. Poomsae Jitae (28 actions)</li> <li>2. Gumgang momtong jiroogi (Face block &amp; body punch at once)</li> <li>3. Momtong Bande jiroogi (Reverse straight punch)</li> <li>4. Hansonnal olgul makgi (Single knife hand face block)</li> <li>5. Bam jumok (Knuckle fist)</li> <li>6. Agumson (Acre fist)</li> <li>7. Momtong baro jiroogi (Straight punch)</li> <li>8. Hansonnal momtong bagat makgi (Single knife hand out side body block)</li> <li>9. Mejumok pyojok chgi (Hammer fist strike target)</li> <li>10. Bawi milgi (Push boulder). 11. Nonmun (Essay)</li> </ol>
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### Other information

1. Grading fee: AD \$970.00
2. You can do video grading
3. Email address: gmydcho@gmail.com
4. My home address: Unit 5/102 Main Street Blackburn Vic 3130 Australia
5. Internet Banking
  - Name: Yong Dai Cho
  - Name of Bank: Westpac Bank
  - BSB: 733173
  - Account number: 767582