

Australian Taekwondo Federation

Cho's taekwondo/Mugisul Academy

BLACK BELT GRADING SYLLABUS



Australian TaekwondoMugisul Federation

7th Dan grading

Dan	Poomsae	Hanbon Gyorugi	Hosinsul	Gyorugi
6 th for 7 th	1. Chonkwon 2. Jitae 3. Sipjin	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
6th Dan for 7 th Dan	A4 10 pages or more	Two pine wood breaking by foot or hand. Must supply your own board

TERMINOLOGY

6 th for 7 th	<ol style="list-style-type: none">1. Poomsae Chonkwon (26 action)2. Nalgae pyogi (Spread off wing)3. Bamjumok sosum chigi (Knuckle fist spring punch)4. Sonnal wei santul makgi (Knife hand part mountain block)5. Taesan milgi (Push mountain shape)6. Palmok otgoro makgi (Cross wrist face block)7. Gawi sonkut (Scissors spear finger thrust)8. Gyotdari sogi (Fixed balance stance)9. Mejumok pyojok chigi (Hammer fist strike target)10. Mong ae baegi (Twin elbow release)
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Other information

1. Grading fee: AD \$1,000.00
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

