



TAEKWONDO DAN SYLLABUS

Contains all minimum requirements for each level of Grading Syllabus from 1st Dan/Poom through to 6th Dan in the HDMA Taekwondo Program.





Black Belt Promotion Information

Black Belt Ranks Explained

Poom – This rank applies to students under the age of 15 when they achieve their Black Belt Level. This is represented by a Gold Stripe on your Belt.

Dan – This rank applies to students over the age of 15 when they achieve their Black Belt Level. When you turn 15, your rank automatically transitions from Poom to Dan and this is reflected in your next certificate. This is represented by a Gold Stripe on your Belt

Bo Dan – This is our progression rank. Bo Dan levels may become available after a minimum of 50% of your class attendance and training time at your Poom/Dan rank has been completed. This is represented by a White Stripe on your Belt. You must complete your Bo Dan level before being recommended for your Poom/Dan level.

Getting to Grading

All Black Belt Students are required to complete the minimum requirements when it comes to Class Attendance and Training Time, but are recommended to exceed them. Once you have completed this requirement you should shortly receive your Pre-Grading Checklist via email. When you have completed all needed items on the syllabus, please bring this Pre-Grading Checklist to your Instructors.

4 Weeks prior to Belt Promotion Week – No further Pre-Grading Checklists are issued.

2 Weeks prior to Belt Promotion Week – All Pre-Grading Checklists must be completed.

1 Week prior to Belt Promotion Week – All completed Application Forms must be returned and fully completed. The Grading List will be finalised 1 Week prior to Grading and no further applications can be accepted.

Minimum Classes vs Recommended Classes

The most important part of any skill is regular repetition. Each belt colour has a different Minimum Required Classes and Recommended Classes. **Minimum** is the least amount you would need to complete to be able to qualify for your next belt level. **Recommended** is the average amount of classes that students generally feel comfortable with their syllabus. Please note that these numbers are no guarantee that you will be ready for your Grading, and are just a guide!



Required Training Time and Attendance	
1st Dan/Poom <i>Grading to 2nd Bo</i>	Minimum 6 Months Training Time since 1 st Dan/Poom Grading Minimum 40 Classes since 1 st Dan/Poom Grading (<i>Recommended 50</i>)
2nd Dan Bo <i>Grading to 2nd Dan</i>	Minimum 1 Year Training Time since 1 st Dan/Poom Grading Minimum 80 Classes since 1 st Dan/Poom Grading (<i>Recommended 100</i>)
2nd Dan/Poom <i>Grading to 3rd Bo</i>	Minimum 1 Year Training Time since 2 nd Dan/Poom Grading Minimum 80 Classes since 2 nd Dan/Poom Grading (<i>Recommended 100</i>)
3rd Bo Dan <i>Grading to 3rd Dan</i>	Minimum 2 Years Training Time since 2 nd Dan/Poom Grading Minimum 160 Classes since 2 nd Dan/Poom Grading (<i>Recommended 200</i>)
3rd Dan/Poom <i>Grading to 4th Bo</i>	Minimum 1.5 Years Training Time since 3 rd Dan/Poom Grading Minimum 120 Classes since 3 rd Dan/Poom Grading (<i>Recommended 150</i>)
4th Bo Dan <i>Grading to 4th Dan</i>	Minimum 3 Years Training Time since 3 rd Dan/Poom Grading Minimum 240 Classes since 3 rd Dan/Poom Grading (<i>Recommended 300</i>)
4th Dan <i>Grading to 5th Bo</i>	Minimum 2 Years Training Time since 4 th Dan Grading Minimum 160 Classes since 4 th Dan Grading (<i>Recommended 200</i>)
5th Bo Dan <i>Grading to 5th Dan</i>	Minimum 4 Years Training Time since 4 th Dan Grading Minimum 320 Classes since 4 th Dan Grading (<i>Recommended 400</i>)
5th Dan <i>Grading to 6th Bo</i>	Minimum 2.5 Years Training Time since 5 th Dan Grading Minimum 200 Classes since 5 th Dan Grading (<i>Recommended 250</i>)
6th Bo Dan <i>Grading to 6th Dan</i>	Minimum 5 Years Training Time since 5 th Dan Grading Minimum 400 Classes since 5 th Dan Grading (<i>Recommended 500</i>)



Beyond Black Belt Stage 1

	1 st Dan/Poom Grading to 2 nd Bo	2 nd Bo Dan Grading to 2 nd Dan	2 nd Dan/Poom Grading to 3 rd Bo	3 rd Bo Dan Grading to 3 rd Dan
Previous Poomsae Pre-Check Only	Taegeuk 1 - 2	Taegeuk 1 - 4	Taegeuk 1 - 6	Taegeuk 1 – 8 and Koryo 1
Grading Poomsae	Keumgang		Taebaek	
Hosinsool	Standing Self Defence (1-11) Ground Defence (1-5)		Standing Self Defence (1-11) Knife Defence (1-9)	
Kyukpa	3 Direction Board Break <i>*Including 1 Hand/Elbow Technique, 1 Jumping/Spinning Kick and 1 Additional Kick of your choice.</i>			
Kyorugi	Light Contact Sparring (Protective Equipment Required) <i>Demonstrate advanced ability and utilise tactics to cleanly strike the Hogu in Sparring with a partner.</i>			
Culture and Knowledge	Run a Warm Up or Stretch in Class Train following the Club Oath and Tenets of HDMA Basic Terminology			

Full Dan/Poom Additional Requirements

2nd Bo Dan <i>Grading to 2nd Dan</i>	<ul style="list-style-type: none"> Assist in 2 Gradings since your 1st Dan/Poom Grading Essay – Martial Arts Culture and Etiquette (2 Pages Min)
3rd Bo Dan <i>Grading to 3rd Dan</i>	<ul style="list-style-type: none"> Assist in 3 Gradings since your 2nd Dan/Poom Grading Essay – Poomsae Meanings and Symbols (3 Pages Min)

Note: Assisting in Gradings can be completed any time after your last Dan/Poom level but must be completed before submitting your Pre-Grading Check.



Beyond Black Belt Stage 2

3rd Dan and Above	
Previous Poomsae <i>Pre-Check Only</i>	All Previous Poomsae
Grading Poomsae	3 rd Dan and 4 th Bo – Pyongwon 4 th Dan and 5 th Bo – Sipjin 5 th Dan and 6 th Bo – Jitae
Hosinsool	Standing Self Defence (1-11) Ground Defence (1-5) Knife Defence (1-9)
Kyukpa	3 Direction Board Break <i>*Including 1 Hand/Elbow Technique, 1 Jumping/Spinning Kick and 1 Additional Kick of your choice.</i>
Kyorugi	<i>Light Contact Sparring (Protective Equipment Required)</i> <i>Demonstrate advanced ability and utilise tactics to cleanly strike the Hogu in Sparring with a partner.</i>
Culture and Knowledge	Run a Warm Up or Stretch in Class Train following the Club Oath and Tenets of HDMA Basic Terminology

Full Dan/Poom Additional Requirements

<i>Grading to 4th Dan</i>	<ul style="list-style-type: none"> • Assist in 4 Gradings since your 3rd Dan/Poom Grading • Essay – Self Defence in Modern Culture (4 Pages Min)
<i>Grading to 5th Dan</i>	<ul style="list-style-type: none"> • Assist in 5 Gradings since your 4th Dan Grading • Essay – Topic of your choice (4 Pages Min)
<i>Grading to 6th Dan</i>	<ul style="list-style-type: none"> • Assist in 6 Gradings since your 5th Dan Grading • Essay – Topic of your choice (4 Pages Min)

Note: Assisting in Gradings can be completed at any time after your last Dan/Poom Grading but must be completed before submitting your Pre-Grading Check.