



TAEKWONDO GUP SYLLABUS

Contains all minimum requirements for each level of Grading Syllabus from White Belt through to Cho-Dan-Bo in the HDMA Taekwondo Program.





Belt Promotion Information

The Belt Promotion is an important part of your Martial Arts Journey. This is a dedicated session where you will perform your techniques and show the results of your training over the previous few months.

Getting to Your Belt Promotion

Belt Promotion Invitations are usually issued starting 4 weeks prior to Belt Promotion Week. Junior, Teen and Adult students will be recommended once receiving their 4th Stripe on their Belt.

All students are required to achieve the minimum classes attended and minimum training time since their previous Grading. Please note that long breaks and holidays may not contribute to your Training Time.

What Happens at Your Belt Promotion

Your Belt Promotion is a special session held to celebrate your hard work and dedication in training. You will perform the techniques of your level and other regular training exercises to show your improvement and earn your next level. All exercises are required but some may not be counted towards your final result. After the session, you will receive your result.

Reading Your Syllabus

Over your period of training, you will be working towards becoming proficient in the skills in the syllabus and perform them at your Belt Promotion. Stripes are given out over the course of your training if you have been attending regularly and have achieved the required outcome.

| Stripe | Information | We Start Checking |
|--|--|--|
| Key Technique <i>1st Stripe</i> | The important technique of your current level. Start to make this kick <i>perfect!</i> | <i>Minimum 5 Classes Attended</i> |
| Board Breaking <i>2nd Stripe</i> | You will use this technique to break a board, showing focus and confidence. | <i>Minimum 50% Attendance</i> |
| Poomsae <i>3rd Stripe</i> | A set of specific techniques arranged in a sequence. Each belt has a specific Pattern. | <i>Minimum 75% Attendance</i> |
| Culture and Knowledge <i>4th Stripe</i> | Martial Arts is more than Kicking and Striking. You can find a list on the final page of General Knowledge needed at each belt colour. | <i>4 Weeks Prior to Grading and 3rd Stripe Achieved</i> |



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 Grading, and are just a guide!

| Required Training Time and Attendance | |
|--|---|
| White | Minimum 8 weeks Training Time <i>Minimum Required Attendance</i> – 16 Classes <i>Recommended Attendance</i> – 20 Classes |
| Yellow Belts | Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 20 Classes <i>Recommended Attendance</i> – 22 Classes |
| Blue Belts | Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 20 Classes <i>Recommended Attendance</i> – 25 Classes, 2 Different Days per Week |
| Red Belts | Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 25 Classes <i>Recommended Attendance</i> – 30 Classes, 2 Different Days per Week |
| Cho-Dan-Bo | Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 30 Classes <i>Recommended Attendance</i> – 32 Classes, 2 Different Days per Week |



WHITE BELT Syllabus

All the below minimum requirements must be completed prior to receiving your Grading Recommendation. Stripes apply to Junior, Teen and Adult Taekwondo for White Belt Only.

| | |
|---|---|
| Key Technique 1st Stripe | Front Kick <i>Ap Chagi</i> |
| Kyukpa (Board Breaking) 2nd Stripe | Front Kick <i>Ap Chagi</i> |
| Poomsae (Pattern) 3rd Stripe | Basic Pattern <i>Poomsae Kibon</i> |
| Culture and Knowledge 4th Stripe and Recommendation | <i>Train following HDMA Club Culture</i> <i>Club Oath</i> <i>Counting in Korean 1 - 10</i> |
| Hosinsool (Self Defence) | <i>Safety Stance Using Blocking and Striking</i> |
| Kyorugi (Sparring) | <i>Non-Contact (Protective Equipment Required for Grading)</i> Demonstrate Basic Sparring ability with moving and kicking with a partner (No Contact at Grading). |



YELLOW BELT Syllabus

All the minimum requirements of your level must be completed prior to receiving your Grading Recommendation.

| | 9 th Gup Yellow Belt | 8 th Gup Yellow/White Belt | 7 th Gup Yellow/Black Belt |
|---|---|--|--|
| Key Technique 1 st Stripe | Axe Kick <i>Naryeo Chagi</i> | Roundhouse Kick <i>Dollyo Chagi</i> | Side Kick <i>Yop Chagi</i> |
| Kyukpa (Board Breaking) 2 nd Stripe | Palm Strike <i>Battangson Chigi</i> | Axe Kick <i>Naryeo Chagi</i> | Elbow Strike <i>Palkup Chigi</i> |
| Poomsae (Pattern) 3 rd Stripe | Taegeuk Il Jang | Taegeuk Ee Jang | Taegeuk Sam Jang |
| Culture and Knowledge 4 th Stripe and Recommendation | <i>Train following HDMA Club Culture</i> <i>Counting and Club Oath</i> <i>Basic Terms 1</i> | | |
| Hosinsool (Self Defence) Learning Syllabus | <i>Standing Self Defence</i> 1. Avoiding in Safety Stance 2. Wrist Captures – Pulse Release 3. Clothing Grabs – Pulse Release | | |
| Kyorugi (Sparring) | (Protective Equipment Required for Training and Grading) <i>Light Contact Sparring</i> <i>Non-Contact Sparring at Grading</i> Demonstrate Basic Sparring ability with good Footwork with a partner. | | |



BLUE BELT Syllabus

All the minimum requirements of your level must be completed prior to receiving your Grading Recommendation.

| | 6 th Gup Blue Belt | 5 th Gup Blue/White Belt | 4 th Gup Blue/Black Belt |
|---|--|--|---|
| Key Technique 1 st Stripe | Step Roundhouse Kick <i>Balbucyeo Dollyo Chagi</i> | Step Side Kick <i>Balbucyeo Yop Chagi</i> | Step Hook Kick <i>Balbucyeo Hullyo Chagi</i> |
| Kyukpa (Board Breaking) 2 nd Stripe | Side Kick <i>Yop Chagi</i> | Hammer Strike <i>Mehjoomok Chigi</i> | Step Side Kick <i>Balbucyeo Yop Chagi</i> |
| Poomsae (Pattern) 3 rd Stripe | Taegeuk Sa Jang | Taegeuk Oh Jang | Taegeuk Yuk Jang |
| Culture and Knowledge 4 th Stripe and Recommendation | <i>Train following HDMA Club Culture</i> <i>Knowledge from Previous Levels</i> <i>Able to Correctly Tie Your Belt</i> <i>Basic Terms 2</i> | | |
| Hosinsool (Self Defence) Learning Syllabus | <i>Standing Self Defence</i> 1. Avoiding in Safety Stance 2. Wrist Captures – Pulse Release 3. Clothing Grabs – Pulse Release 4. Hair Grabs – Secure & Strike 5. Strangulation – Peel Release | | |
| Kyorugi (Sparring) | (Protective Equipment Required for Training and Grading) <i>Light Contact Sparring</i> <i>Non-Contact Sparring at Grading</i> Demonstrate Basic Sparring ability with good Footwork and Combinations with a partner (No Contact at Grading). | | |



RED BELT Syllabus

All the minimum requirements of your level must be completed prior to receiving your Grading Recommendation.

| | 3rd Gup Red Belt | 2nd Gup Red/White Belt | 1st Gup Red/Black Belt |
|---|--|---|---|
| Key Technique 1 st Stripe | Turn Back Kick <i>Mom Dwit Chagi</i> | Turn Hook Kick <i>Mom Dollyo Chagi</i> | Double Side Kick <i>Doobom Yop Chagi</i> |
| Kyukpa (Board Breaking) 2 nd Stripe | Step Hook Kick <i>Balbuccheyo Hullyo Chagi</i> | Turn Back Kick <i>Mom Dwit Chagi</i> | Turn Hook Kick <i>Mom Dollyo Chagi</i> |
| Poomsae (Pattern) 3 rd Stripe | Taegeuk Chil Jang | Taegeuk Pal Jang | Poomsae Koryo 1 |
| Culture and Knowledge 4 th Stripe and Recommendation | <i>Train following HDMA Club Culture</i> <i>Knowledge from Previous Levels</i> <i>Tenets of HDMA</i> | | |
| Hosinsool (Self Defence) Learning Syllabus | <i>Break Fall Techniques</i> 1. Safe Standing 2. Back Break Fall 3. Left Break Fall 4. Right Break Fall 5. Front Break Fall | | |
| Kyorugi (Sparring) | (Protective Equipment Required for Training and Grading) <i>Light Contact Sparring</i> <i>Non-Contact Sparring at Grading</i> Demonstrate basic Sparring ability with good Footwork, Combinations, Variety of Techniques and Reactions with a partner (No Contact at Grading). | | |



Cho-Dan-Bo Trial Grading Syllabus

Cho-Dan-Bo Students will undergo two Gradings, a Trial and Full Grading. All the below minimum requirements must be completed prior to receiving your Grading Recommendation. Stripes apply to Junior and Teen Taekwondo. Stripes must be earned again for your Full Grading.

| | |
|---|--|
| Key Techniques 1st Stripe | Tornado Kick <i>Doolgae Chagi</i> |
| Kyukpa (Board Breaking) 2nd Stripe | 2 Direction Board Break <i>*Including 1 Hand/Elbow Technique and 1 Kicking Technique of your choice.</i> |
| Poomsae (Pattern) 3rd Stripe | Poomsae Koryo |
| Culture and Knowledge 4th Stripe and Recommendation | <i>Train following HDMA Club Culture</i> <i>Basic Terms and Knowledge from Previous Levels</i> |
| Hosinsool (Self-Defence) <i>Learning Syllabus</i> | Standing Self Defence 1. Avoiding in Safety Stance 2. Wrist Captures – Pulse Release 3. Clothing Grabs – Pulse Release 4. Hair Grabs – Secure and Strike 5. Strangulation – Thumb Peel Release Breakfall Techniques 1. Safe Standing 2. Back Break Fall 3. Left Breakfall 4. Right Breakfall 5. Front Breakfall |
| Kyorugi (Sparring) | (Protective Equipment Required for Training and Grading) <i>Light Contact Sparring</i> <i>Non-Contact Sparring at Grading</i> Demonstrate basic Sparring ability with good Footwork, Combinations, Variety and Reactions with a partner. |



Cho-Dan-Bo Full Grading Syllabus

Cho-Dan-Bo Students will undergo two Gradings, a Trial and Full Grading. All the below minimum requirements must be completed prior to receiving your Grading Recommendation.

| | |
|--|--|
| Key Techniques | All Previous Levels |
| Kyukpa (Board Breaking) | 3 Direction Board Break <i>*Including 1 Hand/Elbow Technique, 1 Jumping/Spinning Kick and 1 Additional Kick of your choice.</i> |
| Poomsae (Pattern) | Poomsae Koryo |
| Kyorugi (Sparring) | <i>Light Contact (Protective Equipment Required for Training and Grading)</i> Demonstrate basic Sparring ability with good Footwork, Combinations, Variety and Reactions with a partner. |
| Hosinsul (Self-Defence) <i>Grading for Teens and Adults Only</i> | <i>Standing Self Defence</i> 1. Avoiding in Safety Stance 2. Wrist Captures – Pulse Release 3. Clothing Grabs – Pulse Release 4. Hair Grabs – Secure and Strike 5. Strangulation – Thumb Peel Release <i>Breakfall Techniques</i> 1. Safe Standing 2. Back Break Fall 3. Left Breakfall 4. Right Breakfall 5. Front Breakfall |
| Culture and Knowledge | <ul style="list-style-type: none">• Full Pre-Grading Check issued by Instructors when ready• Assist in a Minimum of 5 Sessions (Age appropriate group)• Black Belt Interview• Black Belt Essay – 1 A4 Page “My Martial Arts Journey”• Train with Respect, Focus and 100% Effort in class. Use your KIHAP! |



Knowledge and Culture Terminology

| | | | | | | | | | | | | | |
|---|---|---------------------------------|------------------------------|----------------------------|---|------------------------------|----------------------------|---|----------------------|--|---------------------|-----------------------|--|
| The Club Oath | <p>I will always give respect and loyalty to my Family, Instructors and my Club.</p> <p>I will endeavour to attain a high standard of physical fitness, and develop my character and personal integrity.</p> <p>I will approach others in the spirit of friendship, and heed social ethics at all times.</p> | | | | | | | | | | | | |
| Counting in Korean 1 - 10 | <ol style="list-style-type: none">1. Hana2. Dool3. Set4. Net5. Daso6. Yaso7. Illgoh8. Yohdool9. Ahop10. Yool | | | | | | | | | | | | |
| Basic Terms 1 | <table><tbody><tr><td><i>Dojang</i> – Training Centre</td><td><i>Keuman</i> – Stop</td></tr><tr><td><i>Dobok</i> – Uniform</td><td><i>Koonye</i> – Bow</td></tr><tr><td><i>Dogi</i> – Belt</td><td><i>Charyot</i> – Attention</td></tr><tr><td><i>Taekwondo</i> – Way of Hand and Foot</td><td><i>Junbi</i> – Ready</td></tr><tr><td></td><td><i>Shio</i> - Relax</td></tr><tr><td><i>Shijak</i> - Start</td><td></td></tr></tbody></table> | <i>Dojang</i> – Training Centre | <i>Keuman</i> – Stop | <i>Dobok</i> – Uniform | <i>Koonye</i> – Bow | <i>Dogi</i> – Belt | <i>Charyot</i> – Attention | <i>Taekwondo</i> – Way of Hand and Foot | <i>Junbi</i> – Ready | | <i>Shio</i> - Relax | <i>Shijak</i> - Start | |
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| | <i>Shio</i> - Relax | | | | | | | | | | | | |
| <i>Shijak</i> - Start | | | | | | | | | | | | | |
| Basic Terms 2 | <table><tbody><tr><td><i>Poomsae</i> – Patterns</td><td><i>Seogi</i> – Stances</td></tr><tr><td><i>Kyorugi</i> – Sparring</td><td><i>Jirugi</i> – Punch</td></tr><tr><td><i>Kyukpa</i> – Breaking</td><td><i>Chigi</i> – Strike</td></tr><tr><td><i>Hosinsool</i> – Self Defence</td><td><i>Makki</i> - Block</td></tr><tr><td></td><td><i>Chagi</i> - Kick</td></tr></tbody></table> | <i>Poomsae</i> – Patterns | <i>Seogi</i> – Stances | <i>Kyorugi</i> – Sparring | <i>Jirugi</i> – Punch | <i>Kyukpa</i> – Breaking | <i>Chigi</i> – Strike | <i>Hosinsool</i> – Self Defence | <i>Makki</i> - Block | | <i>Chagi</i> - Kick | | |
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| <i>Kyukpa</i> – Breaking | <i>Chigi</i> – Strike | | | | | | | | | | | | |
| <i>Hosinsool</i> – Self Defence | <i>Makki</i> - Block | | | | | | | | | | | | |
| | <i>Chagi</i> - Kick | | | | | | | | | | | | |
| Tenets of HDMA | <table><tbody><tr><td><i>Courtesy</i> – Yae Ee</td><td><i>Self Control</i> – Guk Gi</td></tr><tr><td><i>Integrity</i> – Yom Chi</td><td><i>Indomitable Spirit</i> – Baekjool Boolgool</td></tr><tr><td><i>Perseverance</i> – In Nae</td><td></td></tr></tbody></table> | <i>Courtesy</i> – Yae Ee | <i>Self Control</i> – Guk Gi | <i>Integrity</i> – Yom Chi | <i>Indomitable Spirit</i> – Baekjool Boolgool | <i>Perseverance</i> – In Nae | | | | | | | |
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