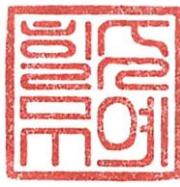




WEAPONRY GUP and DAN SYLLABUS

Contains all minimum requirements for each level of Grading Syllabus from White Belt through to Black Belt in the HDMA Weaponry 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 3rd 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
Partner Baston <i>1st Stripe</i>	Partner exercises with the Short Stick(s).	<i>Minimum 50% Attendance</i>
Poomsae <i>2nd 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>3rd 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 2nd 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
Red Belts	Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 25 Classes <i>Recommended Attendance</i> – 30 Classes
Cho-Dan-Bo	Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 30 Classes <i>Recommended Attendance</i> – 32 Classes



Weaponry Black Belt Journey

Belt	Baston Partner Drills <i>1st Stripe</i>	Poomsae (Patterns) <i>2nd Stripe</i>	Culture and Knowledge <i>3rd Stripe</i>
White Belt	Basic Baston Blocking (5)	Baston Controlled Striking	Counting 1-10 in Korean Club Oath Train with Respect, Focus and 100% Effort. Use your KIHAP!
9th Gup	Basic Single Baston (4)	Mok Gum Poomsae (1)	Couting and Club Oath Basic Terms 1
8th Gup	Basic Single Baston with Changing (4)	Jang Bong Poomsae (1)	
7th Gup	Basic Double Baston - Centre Stance (4)	Kama Poomsae (1)	Train with Respect, Focus and 100% Effort. Use your KIHAP!
6th Gup	Basic Double Baston - Side Stance (4)	Mok Gum Poomsae (2)	Basic Terms from Previous Levels
5th Gup	Advanced Single Baston (4)	Jang Bong Poomsae (2)	Able to Tie Belt Correctly Weapon Names
4th Gup	Disarming Techniques (8)	Kama Poomsae (2)	Train with Respect, Focus and 100% Effort. Use your KIHAP!



Belt	Baston Partner Drills <i>1st Stripe</i>	Poomsae (Patterns) <i>2nd Stripe</i>	Culture and Knowledge <i>3rd Stripe</i>
3rd Gup	Hit Block and Block Hit Pattern	Mok Gum Poomsae (3)	Basic Terms from Previous Levels
2nd Gup	Advanced Double Baston (3)	Jang Bong Poomsae (3)	Tenets of HDMA and Meanings
1st Gup	1-12-6 Pattern (Attack and Defend)	Kama Poomsae (3)	Train with Respect, Focus and 100% Effort. Use your KIHAP!
Cho-Dan-Bo	1-12-6 with Changing Single and Double Sinawali with Changing	Baston Poomsae Mok Gum Poomsae (3) Jang Bong Poomsae (3) Kama Poomsae (3)	All Knowledge from Previous Levels Black Belt Interview Black Belt Essay – 1 A4 Page “My Martial Arts Journey” Train with Respect, Focus and 100% Effort. Use your KIHAP!



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>)



Weaponry Beyond Black Belt

All levels are required to complete a Pre-Grading Check prior to receiving a Grading Recommendation.

Belt	Baston Partner Drills	Poomsae	Additional Requirements
1st Dan/Poom <i>Grading to 2nd Bo</i>	1-12-6 with Group 1	Sword Poomsae 1 to 4 Double Baston Poomsae 1	<ul style="list-style-type: none"> • All Knowledge from Previous Levels • Run a Warm Up/Stretch in Class
2nd Dan Bo <i>Grading to 2nd Dan</i>	1-12-6 with Group 1 and 2	Jang Bong Poomsae 1 to 4 Double Baston Poomsae 1	<ul style="list-style-type: none"> • All Knowledge from Previous Levels • Run a Warm Up/Stretch in Class • Assist in 2 Gradings since your 1st Dan Grading • Essay - Martial Arts Culture and Etiquette (2 Pages Min)
2nd Dan/Poom <i>Grading to 3rd Bo</i>	1-12-6 with Group 1 to 4	Kama Poomsae 1 to 4 Double Baston Poomsae 1 to 2	<ul style="list-style-type: none"> • All Knowledge from Previous Levels • Run a Warm Up/Stretch in Class
3rd Bo Dan <i>Grading to 3rd Dan</i>	1-12-6 with Group 1 to 6	All Previous Poomsae Double Baston Poomsae 1 to 3	<ul style="list-style-type: none"> • All Knowledge from Previous Levels • Run a Warm Up/Stretch in Class • Assist in 3 Gradings since your 2nd Dan Grading • Essay – “Responsible Training with Weaponry” (3 Pages Min)
3rd Dan/Poom <i>Grading to 4th Bo</i>	All Baston Sets	Two Full Poomsae of Your Choice Your Own Poomsae	<ul style="list-style-type: none"> • All Knowledge from Previous Levels • Run a Warm Up/Stretch in Class
4th Bo Dan <i>Grading to 4th Dan</i>	All Baston Sets	All Poomsae Your Own Poomsae	<ul style="list-style-type: none"> • All Knowledge from Previous Levels • Run a Warm Up/Stretch in Class • Assist in 4 Gradings since your 3rd Dan Grading • Essay – “Martial Arts in Modern Culture” (4 Pages Min)