



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 Techniques <i>1st Stripe</i>	The important techniques 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	<p>Minimum 8 weeks Training Time <i>Minimum Required Attendance – 16 Classes</i> <i>Recommended Attendance – 20 Classes</i></p>
Yellow Belts	<p>Minimum 90 Days Training Time <i>Minimum Required Attendance – 20 Classes</i> <i>Recommended Attendance – 22 Classes</i></p>
Blue Belts	<p>Minimum 90 Days Training Time <i>Minimum Required Attendance – 20 Classes</i> <i>Recommended Attendance – 25 Classes, 2 Different Days per Week</i></p>
Red Belts	<p>Minimum 90 Days Training Time <i>Minimum Required Attendance – 20 Classes</i> <i>Recommended Attendance – 30 Classes, 2 Different Days per Week</i></p>
Cho-Dan-Bo	<p>Minimum 90 Days Training Time <i>Minimum Required Attendance – 25 Classes</i> <i>Recommended Attendance – 32 Classes, 2 Different Days per Week</i></p>



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.

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



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 Techniques 1 st Stripe	Axe Kick <i>Naryeo Chagi</i> Roundhouse Kick <i>Dollyo Chagi</i>	Side Kick <i>Yop Chagi</i> Double Knifehand Block <i>Sonnal Makki</i>	Step Front Kick <i>Balbucheyo Ap Chagi</i> Swallow Strike <i>Jebipoom Chigi</i>
Kyukpa (Board Breaking) 2 nd Stripe	Front Kick <i>Ap Chagi</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	Train following HDMA Club Culture Counting and Club Oath Basic Terms 1		
Hosinsool (Self Defence) <i>Learning Syllabus</i>	<i>Standing Self Defence</i> 1. Avoiding in Safety Stance 2. Circular Strike – Eleven Block 3. Wrist and Clothing Captures – Pulse Release		
Kyorugi (Sparring)	<i>(Protective Equipment Required for Training and Grading)</i> <i>Light Contact Sparring</i> <i>Non-Contact Sparring at Grading</i> Demonstrate Basic Sparring ability with good Footwork with a partner.		



HDMA
HILLS DISTRICT MARTIAL ARTS
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 Techniques 1 st Stripe	Step Roundhouse Kick <i>Balbucheyo</i> <i>Dollyo Chagi</i>	Hammer Side Kick <i>Mejoomok</i> <i>Yop Chagi</i>	Step Side Kick <i>Balbucheyo</i> <i>Yop Chagi</i>
		Crescent Kick <i>An Chagi</i>	Step Hook Kick <i>Balbucheyo</i> <i>Hullyo Chagi</i>
Kyukpa (Board Breaking) 2 nd Stripe	Side Kick <i>Yop Chagi</i>	Hammer Strike <i>Mehjoomok Chigi</i>	Scissor Block <i>Gawi Maki</i>
			Step Front Kick <i>Balbucheyo Ap Chagi</i>
Poomsae (Pattern) 3 rd Stripe	Taegeuk Sa Jang	Taegeuk Oh Jang	Taegeuk Yuk Jang
Culture and Knowledge 4 th Stripe and Recommendation	Train following HDMA Club Culture Knowledge from Previous Levels Able to Correctly Tie Your Belt Basic Terms 2		
Hosinsool (Self Defence) <i>Learning Syllabus</i>	<i>Standing Self Defence</i> <ol style="list-style-type: none"> 1. Avoiding in Safety Stance 2. Circular Attack – Eleven Block 3. Wrist and Clothing Captures – Pulse Release 4. Hair Grabs – Secure & Strike 5. Strangulation – Peel Release 		
Kyorugi (Sparring)	<p><i>(Protective Equipment Required for Training and Grading)</i> <i>Light Contact Sparring</i> <i>Non-Contact Sparring at Grading</i></p> <p>Demonstrate Basic Sparring ability with good Footwork and Combinations with a partner (No Contact at Grading).</p>		



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	Turn Hook Kick <i>Mom Dollyo Chagi</i>	Tornado Kick <i>Doolgae Chagi</i>
Kyukpa (Board Breaking) 2nd Stripe	Turn Hook Kick <i>Mom Dollyo Chagi</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>	<p><i>Standing Self Defence</i></p> <ol style="list-style-type: none"> 1. Avoiding in Safety Stance 2. Circular Attack – Eleven Block 3. Wrist and Clothing Captures – Pulse Release 4. Hair Grabs – Secure and Strike 5. Strangulation – Thumb Peel Release <p><i>Breakfall Techniques</i></p> <ol style="list-style-type: none"> 1. Safe Standing 2. Back Break Fall 3. Left Breakfall 4. Right Breakfall 5. Front Breakfall 	
Kyorugi (Sparring)	<p><i>(Protective Equipment Required for Training and Grading)</i></p> <p><i>Light Contact Sparring</i> <i>Non-Contact Sparring at Grading</i></p> <p>Demonstrate basic Sparring ability with good Footwork, Combinations, Variety and Reactions with a partner.</p>	



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>No Contact</i> (Protective Equipment Required for Training and Grading) Demonstrate basic Sparring ability with good Footwork, Combinations, Variety and Reactions with a partner.
Hosinsul (Self-Defence) Grading for Teens and Adults Only	<i>Standing Self Defence</i> <ol style="list-style-type: none"> 1. Avoiding in Safety Stance 2. Circular Attack – Eleven Block 3. Wrist and Clothing Captures – Pulse Release 4. Hair Grabs – Secure and Strike 5. Strangulation – Thumb Peel Release <i>Breakfall Techniques</i> <ol style="list-style-type: none"> 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 Younger Classes (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	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Hana</td> <td style="width: 50%;">6. Yaso</td> </tr> <tr> <td>2. Dool</td> <td>7. Illgoh</td> </tr> <tr> <td>3. Set</td> <td>8. Yohdool</td> </tr> <tr> <td>4. Net</td> <td>9. Ahop</td> </tr> <tr> <td>5. Daso</td> <td>10. Yool</td> </tr> </table>	1. Hana	6. Yaso	2. Dool	7. Illgoh	3. Set	8. Yohdool	4. Net	9. Ahop	5. Daso	10. Yool
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