



HED TKD

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TAE KWON-DO SCHOOLS

GRADING INFORMATION

4th DAN BLACK BELT

PRACTICAL

Basics & combinations from this & all previous syllabus & attend Pre-gradings every 6 months

Choice coloured & black belt pattern(s)

Set coloured & Black Belt Pattern(s)

Black belt patterns (Se-Jong, Ul-Ji, Tong-IL)

Free Sparring

All Set Sparring (One step to includes locks & take downs)

Advanced Breaking (Hand & Foot)

Min Breaking requirement: 5 breaks; One with each hand (*only ladies may choose to use elbows*), Any two different Kicks, & Any

Jumping kick. (Ladies; 1 White board, Gents; 1 Black board, Juniors (U18); Strike Mate/Kick shield)

NEW TERMINOLOGY

SE-JONG (24 moves)

Is named after the greatest King, SE-Jong, who invented the Korean alphabet in 1443 and was also a meteorologist. The Diagram () represents the king, while the 24 movements refer to the 24 letters of the Korean Alphabet.

Fixed Stance Forearm High Guarding Block

Gojung Sogi Nounde Palmok Daebi Magki

Diagonal Stance Twin Palm Pressing Block

Sasun Sogi Sang Sonbadak Noollo Magki

One Leg Stance Forearm Outward Block

Waebal Sogi Palmok Bakuro Magki

Walking Stance Palm Obverse Pressing Block

Gunnun Sogi Sonbadak Baro Noollo Magki

One Leg Stance Back Fist Side Front Strike

Waebal Sogi Dung Joomok Yop ap Taerigi

Fixed Stand Side Elbow Thrust

Gojung Sogi Yop Palkup Tulgi

L Stance High Knife Hand Guarding Block

Niunja Sogi Nopunde Sonkal Daebi Magki

UL-JI (42 moves)

Is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D. Ul-Ji employing hit and run guerrilla tactics was able to decimate a large percentage of the force. The diagram () represents his surname and the 42 movements represent the author's age when he designed the pattern.

Walking Stance Twin Side Fist Horizontal Strike

Gunnun Sogi Sang Yop Joomuk Soopyong Taerigi

Walking Stance Knife Hand High Reverse Front Strike

Gunnun Sogi Sonkal Nopunde Bandae Ap Taerigi

Walking Stance Forearm Reverse Rising Block

Gunnun Sogi Palmok Bandae Chookyo Magki

L Stance X Fist Pressing Block

Niunja Sogi Kyocha Joomuk Noollo Magki

L Stance Inner Forearm Middle Wedging Block

Niunja Sogi An Palmok Kaunde Hechyo Magki

Fixed Stance Palm Pushing Block

Gojung Sogi Sonbadak Miro Magki

Fixed Stance X Knife Hand Middle Block

Gojung Sogi Kyocha Sonkal Kaunde Magki

X-Stance Twin Elbow Horizontal Thrust

Kyocha Sogi Sang Palkup Soopyong Tulgi

Backward Double Stepping Jump

Dwiro Ibo Omgyo Didimyo Twigi

TONG-IL (56 Moves)

Denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race

Walking Stance Twin Fist Middle Punch

Gunnun Sogi Sang Joomuk Kaunde Jurugi

Rear Foot Stance Forearm Middle Inward Block

Dwit Bal Sogi Bakat Palmok Kaunde Anuro Magki

Walking Stance Palm Low Inward Block

Gunnun Sogi Sonbadak Najunde Anuro Magki

L Stance Back Hand High Outward Strike

Niunja Sogi Sondung Nopunde Bakuro Taerigi

L Stance Twin Palm Horizontal Block

Niunja Sogi Sang Sonbadak Soopyong Magki

Inward Vertical Kick

Anuro Sewo Chagi

Downward Kick

Naeryo Chagi

L Stance Back Fist Downward Strike

Niunja Sogi Dung Joomuk Naeryo Taerigi

Rear Foot Stance Bow Wrist Upward Block

Dwit Bal Sogi Sonmokdung Ollyo Magki

Walking Stance Angle Fingertip High Thrust

Gunnun Sogi Homi Sonkut Nopunde Tulgi

L Stance Knife Hand Low Guarding Block

Niunja Sogi Sonkal Dung Najunde Daebi Magki

Outer Forearm Sliding W-Shape Block

Bakat Palmok Mikulmyo San Magki

Walking Stance Under Fist Front Strike

Gunnun Sogi Mit Joomuk Ap Taerigi

Walking Stance Knife Hand Circular Block

Gunnun Sogi Sonkal Dollimyo Magki

Walking Stance Palm Middle pushing Block

Gunnun Sogi Sonbadak Kaunde Miro Magki