



TAEKWONDO CHUNGDO KWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

STANDARD DESCRIPTION OF PROMOTION TEST EVALUATION – POOMSAE (Guidelines from Kukkiwon Poom/Dan Text Examiner Book)

STANDARD	ITEMS CONFIRMED	DESCRIPTION
DEGREE OF COMPLETION	Completion of poomsae	Does it follow the direction and line of poomsae?
		Does it keep strong spirit?
		Does poom have accuracy?
	Accuracy	Does it reach to virtual target?
		Does it know the principles of action and reaction?
	Target of offence and defence	Does it look at the virtual target?
		Does it show proper stance?
	Bending and stretching of stance	Does it reach virtual target?
Does it show proper stance?		
EXPERIENCES OF SKILLS	Control of speed	Does it show smooth movement?
		Are the recognition of poom and skills faithful to the basic?
	Balance of body	Does it keep stability of walking, standing, running, and turning movement?
		Does it have balance while attacking and defending?
	Strength of power	Does it show correct power? (twist and stopping)
		Does it show their skills and the experience?
	Concentration of energy	Does it have effective attacking and defending?
		Does it match with direction of eyes?
	Shouting	Does the movement and breath match?
		Does the movement and shout match?
DIGNITY	Etiquette	Does it put both feet together when it takes a bow?
		Does it show proper angle when it bows?
		Does it show right form of both arms and hands
	Behaviour	Does it show firm mind control from the beginning till the end?
	Dobok	Does it show neat uniform and looks?



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

1ST KUP – 1ST DAN	
TRAINING PERIOD	Minimum six months from 1 st Kup. To be recommended by TCGB instructor (4 th Dan Kukkiwon or above) or by written confirmation from TCGB Technical Committee.
STANDARD	Candidates must have good technical ability in all areas of Taekwondo. Technical errors in performance should be rare.
TECHINICAL SEMINAR	Candidates must attend at least one seminar conducted by the TCGB technical team.
POOMSAE (Pal-jang, Student's choice from Sa-jang or above and one of Grading panel)	Start and finish on same spot. Hits target. Uses two hands to block and strike. Shows speed, control, flexibility, balance and spirit. Appropriate power must be evident. Hesitation throughout the performance must be kept to a minimum. Also refer to 'Standard Description of Promotion Test Evaluation – Poomsae' (page 1).
SPARRING One-for-one sparring	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets.
ONE STEP SPARRING	Exhibit varied techniques. The attacker punches to middle or high section with meaning. The defender must move, block and counter using good basic actions. To start, the attacker steps back into a front stance (right leg back), low section block and kihaps. The defender then kihaps, at this point the attack begins with a right hand punch. At least one take down is required.
FREE SPARRING	The aim is to show your ability to attack and defend using different heights and techniques with controlled light contact and speed. An understanding of current sports fighting techniques is essential. Wearing full protective equipment is at the discretion of the examiners. Sparring against more than one opponent at the same time may also be required.
SELF DEFENCE (Releases from hand and collar grabs)	The attacker will grab/hold specific targets of the body (wrist, neck, collar, trunk etc). Practitioners must stop the opponents attack with strikes or break free from the hold. These actions can be followed up with appropriate counter-attacks.
POWER TEST / BREAKING (Back hook kick / Side kick)	Senior: 1 inch. Junior (under 16): focus mitt. Practitioners must exhibit control and accuracy, hitting the centre of the target with the appropriate part of the kicking foot. Also, this exercise must be executed with good balance and judgment of distance.
EXAMINERS' INTERVIEW	Examiners' question practitioners on their understanding of the philosophy and principles of taekwondo, this includes for example, techniques, tenets, belts, patterns and the meaning of taekwondo.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

1ST DAN – 2ND DAN	
TRAINING PERIOD	Minimum one year from 1 st Dan/Poom. To be recommended by TCGB instructor (4 th Dan Kukkiwon or above) or by written confirmation from TCGB Technical Committee.
STANDARD	Candidates must have good technical ability in all areas of Taekwondo. Techniques should be demonstrated with power and control.
TECHINICAL SEMINAR	Candidates must attend at least one seminar conducted by the TCGB technical team.
POOMSAE (Koryo, Student's choice from Sa-jang or above and one of Grading panel)	Practitioners must 'start and finish' a pattern on the same spot. An awareness of the 'reverse hand' (positioned mainly at the side of the waist) in order to assist a neat, tidy performance must be clearly demonstrated. Appropriate power and focus must be visible within the routine. Also refer to 'Standard Description of Promotion Test Evaluation – Poomsae' (page 1).
SPARRING (One-for-one sparring)	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets.
ONE STEP SPARRING	Exhibit varied techniques. The attacker punches to middle or high section with meaning. The defender must move, block and counter using good basic actions. To start, the attacker steps back into a front stance (right leg back), low section block and kihaps. The defender then kihaps, at this point the attack begins with a right punch. At least one take down is required.
FREE SPARRING	The aim is to show your ability to attack and defend using different heights and techniques with controlled light contact and speed. An understanding of current sports fighting techniques is essential. Wearing full protective equipment is at the discretion of the examiners. Sparring against more than one opponent at the same time may also be required.
SELF DEFENCE (Releases from hand and collar grabs and bear hug)	The attacker will grab/hold specific targets of the body (wrist, neck, collar, trunk etc). Practitioners must stop the opponents attack with strikes or break free from the hold. These actions can be followed up with appropriate counter-attacks.
POWER TEST / BREAKING (Back hook kick, one hand technique)	Senior: 1 inch. Junior (under 16): focus mitt. Practitioners must exhibit control and accuracy, hitting the centre of the target with the appropriate part of the foot and hand. Also, this exercise must be executed with good balance and judgment of distance.
EXAMINERS' INTERVIEW	Examiners' question practitioners on their understanding of the philosophy and principles of taekwondo, this includes for example, techniques, tenets, belts, patterns and the meaning of taekwondo.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

2ND DAN – 3RD DAN	
TRAINING PERIOD	Minimum two years from 2 nd Dan/Poom. To be recommended by TCGB instructor (4 th Dan Kukkiwon or above) or by written confirmation from TCGB Technical Committee.
STANDARD	Candidates must have good technical ability in all areas of Taekwondo. Techniques should be demonstrated with sharp, powerful motions. Flair, speed and imagination are essential.
TECHINICAL SEMINAR	Candidates must attend at least one seminar conducted by the TCGB technical team.
POOMSAE (Keumgang, Student's choice from Sa-jang or above and one of Grading panel)	Practitioners must 'start and finish' a pattern on the same spot. Demonstrating breathing control and balance with focus are essential. Also refer to 'Standard Description of Promotion Test Evaluation – Poomsae' (page 1).
SPARRING (One-for-one sparring)	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets.
ONE STEP SPARRING	Exhibit varied techniques. The attacker punches to middle or high section with meaning. The defender must move, block and counter using good basic actions. To start, the attacker steps back into a front stance (right leg back), low section block and kihaps. The defender then kihaps, at this point the attack begins with a right punch. Take downs are required for this grade.
FREE SPARRING	The aim is to show your ability to attack and defend using different heights and techniques with controlled light contact and speed. An understanding of current sports fighting techniques is essential. Wearing full protective equipment is at the discretion of the examiners. Sparring against more than one opponent at the same time may also be required.
SELF DEFENCE	The attacker will grab/hold specific targets of the body (wrist, neck, collar, trunk etc). Practitioners must stop the opponents attack with strikes or break free from the hold. These actions can be followed up with appropriate counter-attacks.
POWER TEST / BREAKING (Two leg techniques, one hand technique)	Senior: 1 inch. Junior (under 16): focus mitt. Practitioners must exhibit control and accuracy, hitting the centre of the target with the appropriate contact area of the foot or hand. Good balance and judgment of distance are essential. Measuring up should be kept to a minimum (no more than 2 times). Practitioners must aim to take control of their situation in terms of setting the scene. The whole routine, positioning the boards and performing the exercise must take no more than 2 minutes.
EXAMINERS' INTERVIEW	Examiners' question practitioners on their understanding of the philosophy and principles of taekwondo, this includes for example, techniques, tenets, belts, patterns (according to their grade) and the meaning of taekwondo.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

3RD DAN – 4TH DAN	
TRAINING PERIOD	Minimum three years from 3 rd Dan/Poom. To be recommended by TCGB instructor (4 th Dan Kukkiwon or above) or by written confirmation from TCGB Technical Committee.
STANDARD	Candidates must have good technical ability in all areas of Taekwondo. Techniques should be demonstrated with power, control and accuracy. Appropriate level of effectiveness and confidence must be evident.
TECHINICAL SEMINAR	Candidates must attend at least one seminar conducted by the TCGB technical team.
POOMSAE (Taebaek, Student's choice from Sa-jang or above and one of Grading panel)	Practitioners must 'start and finish' a pattern on the same spot. Demonstrating speed and power, balance, rhythm and timing are essential. Also refer to 'Standard Description of Promotion Test Evaluation – Poomsae' (page 1).
SPARRING (One-for-one sparring)	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets.
ONE STEP SPARRING	Exhibit varied techniques with simple and complex actions. The attacker punches to middle or high section with meaning. The defender must move, block and counter using good basic actions. To start, the attacker steps back into a front stance, low section block and kihaps. The defender then kihaps, at this point the attack begins with a punch. The ability to demonstrate defence from attacks from both sides is essential.
FREE SPARRING	The aim is to show your ability to attack and defend using different heights and techniques with controlled light contact and speed. An understanding of current sports fighting techniques is essential. Wearing full protective equipment is at the discretion of the examiners. Sparring against more than one opponent at the same time may also be required. Positioning and movement are essential.
SELF DEFENCE	The attacker will grab/hold specific targets of the body (wrist, neck, collar, trunk etc). Practitioners must stop the opponents attack with strikes or break free from the hold. These actions can be followed up with appropriate counter-attacks.
POWER TEST / BREAKING (Three-directional, two leg techniques, one hand technique)	Senior: 1 inch. Measuring up should be kept to a minimum (no more than 2 times). Practitioners must aim to take control of their situation in terms of setting the scene. The whole routine, positioning the boards and performing the exercise must take no more than 2 minutes. Composure and confidence are essential.
EXAMINERS' INTERVIEW	Examiners' question practitioners on their understanding of the philosophy and principles of taekwondo, this includes for example, techniques, tenets, belts, patterns (according to their grade) and the meaning of taekwondo.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

4TH DAN – 5TH DAN	
TRAINING PERIOD	Minimum four years from 4 th Dan. To be recommended by TCGB instructor (6 th Dan Kukkiwon or above) or by written confirmation from TCGB Technical Committee. Candidates should be contributing to TCGB on a national or international basis (e.g. through running their own clubs/groups, assisting at TCGB events e.g. competition/seminar, promoting Taekwondo).
STANDARD	Candidates must have good technical ability in all areas of Taekwondo. Appropriate level of composure, confidence and effectiveness are essential. Respect and courtesy must be shown to other participants and examiners at all times.
TECHINICAL SEMINAR	Candidates must attend at least two seminars conducted by the TCGB technical team. Practitioners are recommended to seek additional training and advice with the technical team.
POOMSAE (Pyongwon and Sipjin, Student's choice from Sa- jang or above and one of Grading panel)	Practitioners must 'start and finish' a pattern on the same spot. Patterns must not be hurried. Confidence, composure and a high standard of focused concentration are essential. Also refer to 'Standard Description of Promotion Test Evaluation – Poomsae' (page 1).
SPARRING (One-for-one sparring)	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets.
ONE STEP SPARRING	The attacker punches and the defender must respond with appropriate motions using control, good judgment of distance, timing and effectiveness. The ability to demonstrate defence from attacks from both sides is essential.
FREE SPARRING	An understanding of current sports fighting techniques is essential. Wearing full protective equipment is at the discretion of the examiners. Sparring against more than one opponent at the same time may also be required. Positioning, movement and composure are essential.
SELF DEFENCE	The attacker will grab/hold specific targets of the body (wrist, neck, collar, trunk etc). Practitioners must stop the opponents attack with strikes or break free from the hold. These actions can be followed up with appropriate counter-attacks.
POWER TEST / BREAKING (Three-directional, two leg techniques, one hand technique)	Senior: 1 inch. Practitioners must exhibit control and accuracy to a very high standard. Measuring up should be kept to a minimum (no more than 2 times). Composure and confidence are essential; this includes setting the scene (positioning the boards) and breaking the boards. Practitioners may bring their own wood to the grading.
EXAMINERS' INTERVIEW	Examiners' question practitioners on their understanding of the philosophy and principles of taekwondo, this includes for example, techniques, tenets, belts, patterns (according to their grade) and the meaning of taekwondo.
THESIS	The thesis should be no less than ten pages of A4 size (21cm x 38cm) paper on your taekwondo journey from beginner to present, how taekwondo has changed your life, influences, achievements and plans or goals for the future. Two printed copies of the thesis must be submitted with the grading application. This must be typed and include a table of contents.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

5TH DAN – 6TH DAN	
TRAINING PERIOD	Minimum five years from 5 th Dan. To be recommended by TCGB instructor (6 th Dan Kukkiwon or above) or by written confirmation from TCGB Technical Committee. Candidates should be contributing to TCGB on a national or international basis (e.g. through running their own clubs/groups, assisting at TCGB events e.g. competition/seminar, promoting Taekwondo).
STANDARD	Composure, confidence and effectiveness are essential. Participants must perform to a very high standard. Discussions with the TCGB technical committee would be highly recommended at this stage of your taekwondo career.
TECHINICAL SEMINAR	Candidates must attend at least two seminars conducted by the TCGB technical team. Practitioners are strongly advised to seek further training and advice with the technical team.
POOMSAE (Sipjin and Jitae, and choice of two by Grading panel)	Confidence, composure and effectiveness to a very high standard must be demonstrated. Power, balance, control and accuracy must be evident throughout the performance. Also refer to 'Standard Description of Promotion Test Evaluation – Poomsae' (page 1).
SPARRING (One-for-one sparring)	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets.
ONE STEP SPARRING	The attacker punches as directed, the defender must respond with appropriate motions using control, good judgment of distance, timing and effectiveness. The ability to demonstrate defence from attacks from both sides is essential.
FREE SPARRING	An understanding of current sports fighting techniques is essential. Wearing full protective equipment is at the discretion of the examiners. Sparring against more than one opponent at the same time may also be required. Positioning, movement and composure are essential.
SELF DEFENCE	The attacker will grab/hold specific targets of the body (wrist, neck, collar, trunk etc). Practitioners must stop the opponents attack with strikes or break free from the hold. These actions can be followed up with appropriate counter-attacks. The candidate should have knowledge and the ability to demonstrate defence against knife attacks.
POWER TEST / BREAKING (Three-directional, two leg techniques, one hand technique)	Senior: 1 inch. Practitioners must exhibit control and accuracy, hitting the centre of the target with the appropriate contact area of the foot or hand. Measuring up should be kept to a minimum (no more than 2 times). Composure and confidence are essential; this includes setting up the boards for breaking. Practitioners must aim to successfully break the boards 10 times out of 10. Practitioners may bring their own wood to the grading.
EXAMINERS' INTERVIEW	Examiners' question practitioners on their understanding of the philosophy and principles of taekwondo, this includes for example, techniques, tenets, belts, patterns (according to their grade) and the meaning of taekwondo.
THESIS	The thesis should be no less than ten pages of A4 size (21cm x 38cm) paper, stating your position within your club and the association, contribution or involvement at local and international level, (Senior grades must play an active role). Discuss taekwondo practices or disciplines used within the gymnasium, theory or principles such as loyalty and respect which you particularly adhere to, or enjoy relating to your first-hand experiences. Two printed copies of the thesis must be submitted with the grading application. This must be typed and include a table of contents.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

6TH DAN – 7TH DAN	
TRAINING PERIOD	Minimum six years from 6 th Dan. To be recommended by TCGB instructor (7 th Dan Kukkiwon or above) or by written confirmation from TCGB Technical Committee. Candidates should be contributing to TCGB on a national or international basis (e.g. through running their own clubs/groups, assisting at TCGB events e.g. competition/seminar, promoting Taekwondo).
STANDARD	Composure, confidence and effectiveness are essential. Participants must perform to a very high standard. Discussions with the TCGB technical committee would be highly recommended at this stage of your taekwondo career.
TECHINICAL SEMINAR	Candidates must attend at least two seminars conducted by the TCGB technical team. Practitioners are strongly advised to seek further training and advice with the technical team.
POOMSAE (Compulsory - Chonkwon; Other poomsae - Pyongwon, Sipjin and Jitae)	Confidence, composure and effectiveness to a very high standard must be demonstrated. Power, balance, control and accuracy must be evident throughout the performance. Also refer to 'Standard Description of Promotion Test Evaluation – Poomsae' (page 1).
SPARRING (One-for-one sparring)	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets.
ONE STEP SPARRING	The attacker punches as directed, the defender must respond with appropriate motions using control, good judgment of distance, timing and effectiveness. The ability to demonstrate defence from attacks from both sides is essential.
FREE SPARRING	An understanding of current sports fighting techniques is essential. Wearing full protective equipment is at the discretion of the examiners. Sparring against more than one opponent at the same time may also be required. Positioning, movement and composure are essential.
SELF DEFENCE	The attacker will grab/hold specific targets of the body (wrist, neck, collar, trunk etc). Practitioners must stop the opponents attack with strikes or break free from the hold. These actions can be followed up with appropriate counter-attacks. The candidate should have knowledge and the ability to demonstrate defence against knife attacks.
POWER TEST / BREAKING (Three-directional, two leg techniques, one hand technique)	Senior: 1 inch. Practitioners must exhibit control and accuracy, hitting the centre of the target with the appropriate contact area of the foot or hand. Measuring up should be kept to a minimum (no more than 2 times). Composure and confidence are essential; this includes setting up the boards for breaking. Practitioners must aim to successfully break the boards 10 times out of 10. Practitioners may bring their own wood to the grading.
EXAMINERS' INTERVIEW	Examiners' question practitioners on their understanding of the philosophy and principles of taekwondo, this includes for example, techniques, tenets, belts, patterns (according to their grade) and the meaning of taekwondo.
THESIS	The thesis should be no less than ten pages of A4 size (21cm x 38cm) paper outlining your position, contribution and support to TCGB (senior grades must play an active role). Discuss personal development and progress since your last grading. Understanding physical and mental challenges, strengths and weaknesses, differences in attitude or realisation towards training. Include any ideas, routines or philosophy which you currently employ or aim to undertake in the future. Two printed copies of the thesis must be submitted with the grading application. This must be typed and include a table of contents.