



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



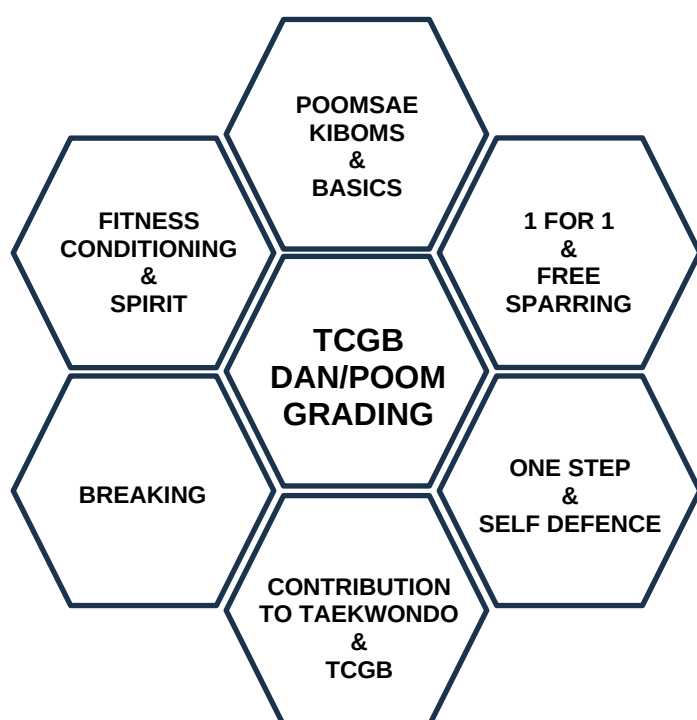
DAN GRADING SYLLABUS

Syllabus update: June 2024

Applicants for a Taekwondo Chungdokwan Great Britain Dan Grading will need to demonstrate a high standard in all areas of the grading assessment. Although applicants may naturally favor some areas over others, they should ensure they can demonstrate a well-rounded knowledge of the martial art of Taekwondo.

Applicants will need to obtain a pass in all categories and should work to increase their overall standard as they apply for higher Dan/Poom grades. The following pages set out the specific requirements for each grade applied for.

Applicants and instructors are encouraged to work with the TCGB technical committee in the run up to grading assessments to ensure they are working towards the required standards



TECHNICAL SEMINARS & GRADING PREPERATION

TCGB run two formal technical seminars each year which are typically programmed a few weeks in advance of each Dan grading. Although your grading criteria will specify the minimum number of technical seminars that must be attended, you should aim to attend as many seminars as possible to ensure you are up to date with the latest requirements.

It is expected that candidates are already at grading standard when attending the preceding seminar before their test, and that only minor pointers and adjustments are required. If you or the instructors feel that a greater improvement is required, it is recommended that candidates consider postponing to the next Dan grading to allow adequate time to prepare.

Should you have difficulty attending these seminars, please contact the TCGB technical committee and arrange to attend additional classes where they can provide you with feedback and advice.

FITNESS, CONDITIONING & SPIRIT

TCGB black belts are expected to do what they can to maintain a high level of fitness and to set a positive example. This includes aiming to maintain a healthy, strong and flexible body (it is understood that we are all different, face different challenges and manage different injuries and conditions). It is expected that TCGB black belts conduct themselves with good manners and demonstrate the tenets of Taekwondo: Etiquette, Modesty, Perseverance, Self Control and Indomitable Spirit.

All TCGB black belts should be training regularly to maintain their own fitness. This can be tough for instructors who may need to balance teaching and managing a club, but continued personal progression is an important part of the example you set.

During your grading assessment your general fitness, flexibility and conditioning will be tested along with your spirit. We are all different and you are encouraged to find ways to demonstrate your personal strengths. Applicants should look like they have prepared both physically and mentally for the grading assessment.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

CONTRIBUTION to TAEKWONDO & TCGB

The following guidance is not compulsory but should act as a guide as to how you can contribute to Taekwondo and TCGB at each grade. Everyone's journey through Taekwondo will be different and each applicant will be assessed individually.

The general aim is to encourage you to build your own knowledge and experience then build positive working relationships with other TCGB clubs. As you move through the grades it becomes important that you stay up to date with developments in Taekwondo as well as the technical guidance from Taekwondo's national and international governing bodies and organisations.

Applicants for 1st Dan / Poom:

- Enthusiastic member of their club who encourages lower grades and works closely with their instructor for personal progress.
- Takes an interest in activities outside of club training such as seminars, competitions or cross club training opportunities.

Applicants for 2nd Dan / Poom:

- Enthusiastic member of their club who encourages lower grades and works hard for personal progress.
- Takes an interest in activities outside of club training such as seminars, competitions or cross club training opportunities.
- Has taken part in at least one competition as a competitor, official, coach or volunteer since last grading.

Applicants for 3rd Dan / Poom:

- Confident to teach small groups within their club assisting their instructor.
- Takes an interest in activities outside of club training such as seminars, competitions or cross club training opportunities.
- Has taken part in at least two competitions as a competitor, official, coach or volunteer since last grading.

Applicants for 4th Dan:

- Obtained or updated a poomsae or kyorugi judge qualification since last grading.
- Has taken part in at least three competitions as a competitor, official, coach or volunteer since last grading.
- Are a club instructor or active member of their club's support/management team.
- Sits on their club's kup grade grading panel working to ensure a high standard within students.
- Takes an active role in supporting both their club and TCGB events.

Applicants for 5th Dan:

- Obtained or updated a poomsae or kyorugi judge qualification within preceding three years.
- Has taken part in at least three competitions as a competitor, official, coach or volunteer since last grading.
- Are a club instructor or active member of their club's support/management team.
- Sits on their club's kup grade grading panel working to ensure a high standard within students.
- Takes an active role in supporting and organising both their club and TCGB events.
- Engages with TCGB committees offering support and ensuring they stay up to date.

Applicants for 6th Dan:

- Obtained or updated a poomsae or kyorugi judge qualification within preceding three years.
- Has taken part in at least four competitions as a competitor, official, coach or volunteer since last grading.
- Are a club instructor or active member of their club's support/management team.
- Sits on their club's kup grade grading panel working to ensure a high standard within students.
- Actively working to engage with other TCGB clubs and instructors by arranging cross club training.
- Active member of Taekwondo Chungdokwan GB or Korea. For example: member of TCGB committee, or representing TCGB at international camps or competitions, or taken a lead role in running TCGB events over the past five years.

Applicants for 7th Dan:

- Obtained or updated a poomsae or kyorugi judge qualification within preceding three years.
- Has taken part in at least five competitions as a competitor, official, coach or volunteer since last grading.
- Are a club instructor or active member of their club's support/management team.
- Sits on their club's kup grade grading panel working to ensure a high standard within students.
- Actively working to engage with other TCGB clubs and instructors by arranging cross club training.
- Active member of Taekwondo Chungdokwan GB or Korea. For example: member of TCGB committee, or representing TCGB at international camps or competitions, or taken a lead role in running TCGB events over the past five years.
- Attended Kukkiwon international instructors course.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

FROM 1ST KUP TO 1ST DAN

Requirements - Candidates must have been a member of a TCGB club for at least 1 year. - Candidates must have a minimum of 6 months since 1st kup grading. - Candidates must be recommended to grade by a TCGB instructor (4th Dan Kukkiwon or above), or by written confirmation from the TCGB technical committee. - Contribution to Taekwondo & TCGB (See page 2 for guidance)	In general, we will be looking for a candidate to be confident and composed, showing that they are ready to progress from a Kup grade to a Dan/Poom grade. The candidate's techniques should look well practiced with a good level of energy and effort. The candidate should conduct themselves with discipline and show respect.
Technical Seminar Candidates must attend at least 1 technical seminar conducted by the technical team within the 12 months prior to the grading.	Candidates identified at technical seminars as being below the required standard should consider which Dan grading they apply for, allowing enough time to adequately prepare for the exam. Any feedback received should be incorporated into the candidates practice and grading performance.
Poomsae - Poomsae 8 – Pal-Jang. - One poomsae of Student's choice from Sah-Jang or above. - One poomsae of grading panel's choice.	All poomsae should be demonstrated to a high standard and completed correctly with minimal attempts. Moves and stances should be clear and easy to identify. The candidate should demonstrate a good level of spirit and power. (See page 10 for poomsae evaluation guidance.)
One for One Sparring Reaction, fitness and accuracy assessment.	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets. Candidates should use this opportunity to demonstrate the strengths in their abilities.
Free Sparring 1 Vs 1 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.
One Step Sparring One step sparring. (Format selected by grading panel. May include right side, left side or both.)	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 to the body unless directed otherwise.
Self Defence - Releases against grabs. - Show safe break falling techniques when acting as the attacker.	The attacker will grab a range of targets and the candidate should break free with strikes and releases or take control of the attacker with locks and holds. The candidate should end each attack by safely removing themselves from the situation.
Power Test / Breaking Reverse hook kick (Strike with back of heel) or side kick (Strike with base of heel). Selected by grading panel.	Candidates should break by striking with the correct part of the foot. Breaking techniques should aim to be sharp with acceleration on impact whilst showing good balance and control.
Examiners interview Questions from member of the grading panel.	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. Candidates should have an idea of their personal goals and contribution to Taekwondo and TCGB.

Examiners may change the grading format or request demonstration of additional techniques to gain a better understanding of a candidate's abilities.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

FROM 1ST DAN TO 2ND DAN

Requirements • Candidates must have been a member of a TCGB club for at least 1 year. • Candidates must have a minimum of 1 year since 1st Dan grading. • Candidates must be recommended to grade by a TCGB instructor (4th Dan Kukkiwon or above), or by written confirmation from the TCGB technical committee. • Contribution to Taekwondo & TCGB (See page 2 for guidance)	In general, we will be looking for a candidate to be confident, composed and sharp. They should aim to show progress since their last grading. The candidate's techniques should look well practiced with a good level of energy and effort. The candidate should conduct themselves with discipline and show respect.
Technical Seminar • Candidates must attend at least 1 technical seminar conducted by the technical team within the 12 months prior to grading.	Candidates identified at technical seminars as being below the required standard should consider which Dan grading they apply for, allowing enough time to adequately prepare for the exam. Any feedback received should be incorporated into the candidates practice and grading performance.
Poomsae • Koryo Poomsae. • One poomsae of Student's choice from Sah-Jang or above. • One poomsae of grading panel's choice.	All poomsae should be demonstrated to a high standard and completed correctly with minimal attempts. Moves and stances should be clear and easy to identify. The candidate should demonstrate a good level of spirit and power. (See page 10 for poomsae evaluation guidance.)
One for One Sparring • Reaction, fitness and accuracy assessment.	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets. Candidates should use this opportunity to demonstrate the strengths in their abilities.
Free Sparring • 1 Vs 1 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.
One Step Sparring • One step sparring. (Including takedowns. Format selected by grading panel. May include right side, left side or both.)	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 to the body unless directed otherwise. Takedowns should be controlled and when being taken down an understanding of safe break-falling technique must be shown.
Self Defence • Releases against grabs. • Show safe break falling techniques when acting as the attacker.	The attacker will grab a range of targets and the candidate should break free with strikes and releases or take control of the attacker with locks and holds. The candidate should end each attack by safely removing themselves from the situation.
Power Test / Breaking • Back kick (Strike with base of heel) or turning kick (Strike with ball of foot). • One hand or arm technique of candidate's choice.	Candidates should break by striking with the correct part of the hand or foot. Breaking techniques should aim to be sharp with acceleration on impact whilst showing good balance and control.
Examiners interview • Questions from member of the grading panel.	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. Candidates should have an idea of their personal goals and contribution to Taekwondo and TCGB.

Examiners may change the grading format or request demonstration of additional techniques to gain a better understanding of a candidate's abilities.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

FROM 2ND DAN TO 3RD DAN

Requirements • Candidates must have been a member of a TCGB club for at least 1 year. • Candidates must have a minimum of 2 years since 2nd Dan grading. • Candidates must be recommended to grade by a TCGB instructor (4th Dan Kukkiwon or above), or by written confirmation from the TCGB technical committee. • Contribution to Taekwondo & TCGB (See page 2 for guidance)	In general, we will be looking for a candidate to be confident, composed and sharp. They should aim to show progress since their last grading. Moves should look accurate and effective with physical conditioning reflecting regular hard training. The candidate's techniques should look well practiced with a good level of energy and effort. The candidate should conduct themselves with discipline and show respect.
Technical Seminar • Candidates must attend at least 2 technical seminars conducted by the technical team within the 24 months prior to grading.	Candidates identified at technical seminars as being below the required standard should consider which Dan grading they apply for, allowing enough time to adequately prepare for the exam. Any feedback received should be incorporated into the candidates practice and grading performance.
Poomsae • Keumgang Poomsae. • One poomsae of Student's choice from Sah-Jang or above. • One poomsae of grading panel's choice.	All poomsae should be demonstrated to a high standard and completed correctly with minimal attempts. Moves and stances should be clear and easy to identify. The candidate should demonstrate a good level of spirit and power. (See page 10 for poomsae evaluation guidance.)
One for One Sparring • Reaction, fitness and accuracy assessment.	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets. Candidates should use this opportunity to demonstrate the strengths in their abilities.
Free Sparring • 1 Vs 1 Sparring • Free sparring multiple opponents.	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.
One Step Sparring • One step sparring. (Including takedowns. Format selected by grading panel. May include right side, left side or both.)	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 to the body unless directed otherwise. Takedowns should be controlled and when being taken down an understanding of safe break-falling technique must be shown.
Self Defence • Releases against grabs. • Show safe break falling techniques when acting as the attacker.	The attacker will grab a range of targets and the candidate should break free with strikes and releases or take control of the attacker with locks and holds. The candidate should end each attack by safely removing themselves from the situation.
Power Test / Breaking • One kicking technique of candidate's choice. • One hand or arm technique of candidate's choice. • One technique of grading panel's choice.	Candidates should take control of the situation by positioning the board and holder as needed. Breaking should be done with the correct part of the hand or foot. Techniques should aim to be sharp with acceleration on impact whilst showing good balance and control.
Examiners interview • Questions from member of the grading panel.	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. Candidates should have an idea of their personal goals and contribution to Taekwondo and TCGB.

Examiners may change the grading format or request demonstration of additional techniques to gain a better understanding of a candidate's abilities.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

FROM 3RD DAN TO 4TH DAN

Requirements • Candidates must have been a member of a TCGB club for at least 2 years. • Candidates must have a minimum of 3 years since 3rd Dan grading. • Candidates must be a minimum of 21 years old. • Candidates must be recommended to grade by a TCGB instructor (4th Dan Kukkiwon or above), or by written confirmation from the TCGB technical committee. • Contribution to Taekwondo & TCGB (See page 2 for guidance)	In general, we will be looking for a candidate to be confident, composed and sharp. They should aim to show progress since their last grading. Moves should look accurate and effective with physical conditioning reflecting regular hard training, setting a good example to lower grades. The candidate's techniques should look well practiced with a good level of energy and effort. The candidate should conduct themselves with discipline and show respect.
Technical Seminar • Candidates must attend at least 2 technical seminars conducted by the technical team within the 24 months prior to grading.	Candidates identified at technical seminars as being below the required standard should consider which Dan grading they apply for, allowing enough time to adequately prepare for the exam. Any feedback received should be incorporated into the candidates practice and grading performance.
Poomsae • Taebaek Poomsae. • Keumgang Poomsae. • Koryo Poomsae.	All poomsae should be demonstrated to a high standard and completed correctly with minimal attempts. Moves and stances should be clear and easy to identify. The candidate should demonstrate a good level of spirit and power. (See page 10 for poomsae evaluation guidance.)
One for One Sparring • Reaction, fitness and accuracy assessment.	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets. Candidates should use this opportunity to demonstrate the strengths in their abilities.
Free Sparring • 1 Vs 1 Sparring. • Free sparring multiple opponents.	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.
One Step Sparring • One step sparring. (Including takedowns. Format selected by grading panel. May include right side, left side or both.)	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 to the body unless directed otherwise. Takedowns should be controlled and when being taken down an understanding of safe break-falling technique must be shown.
Self Defence • Releases against grabs. • Show safe break falling techniques when acting as the attacker.	The attacker will grab a range of targets and the candidate should break free with strikes and releases or take control of the attacker with locks and holds. The candidate should end each attack by safely removing themselves from the situation.
Power Test / Breaking • Three directional breaking combination of candidate's choice. (Must include both leg and hand techniques with one leg technique being a suspension hold)	Candidates should take control of the situation by positioning the board and holders as needed. Breaking should be done with the correct part of the hand or foot. Techniques should aim to be sharp with acceleration on impact whilst showing good balance and control. Movement between techniques should flow with minimal pauses.
Examiners interview • Questions from member of the grading panel.	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. Candidates should have an idea of their personal goals and contribution to Taekwondo and TCGB.

Examiners may change the grading format or request demonstration of additional techniques to gain a better understanding of a candidate's abilities.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

FROM 4TH DAN TO 5TH DAN

Requirements • Candidates must have been a member of a TCGB club for at least 2 years. • Candidates must have a minimum of 4 years since 4th Dan grading. • Candidates must be a minimum of 25 years old. • Candidates must be recommended to grade by a TCGB instructor (6th Dan Kukkiwon or above), or by written confirmation from the TCGB technical committee. • Contribution to Taekwondo & TCGB (See page 2 for guidance)	In general, we will be looking for a candidate to be confident, composed and sharp. They should aim to show progress since their last grading. Moves should look accurate and effective with physical conditioning reflecting regular hard training, setting a good example to lower grades. Candidates' movements should show a good understanding of all techniques with connected movement and balance. The candidate's techniques should look well practiced with a good level of energy and effort. The candidate should conduct themselves with discipline and show respect.
Technical Seminar • Candidates must attend at least 3 technical seminars conducted by the technical team within the 24 months prior to grading.	Candidates identified at technical seminars as being below the required standard should consider which Dan grading they apply for, allowing enough time to adequately prepare for the exam. Any feedback received should be incorporated into the candidates practice and grading performance.
Poomsae • Pyongwon Poomsae. • Taebaek Poomsae. • Keumgang Poomsae. • Koryo Poomsae.	All poomsae should be demonstrated to a high standard and completed correctly with minimal attempts. Moves and stances should be clear and easy to identify. The candidate should demonstrate a good level of spirit and power. (See page 10 for poomsae evaluation guidance.)
One for One Sparring • Reaction, fitness and accuracy assessment.	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets. Candidates should use this opportunity to demonstrate the strengths in their abilities.
Free Sparring • 1 Vs 1 Sparring • Free sparring multiple opponents.	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.
One Step Sparring • One step sparring. (Including takedowns. Format selected by grading panel. May include right side, left side or both.)	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 to the body unless directed otherwise. Takedowns should be controlled and when being taken down an understanding of safe break-falling technique must be shown.
Self Defence • Releases against grabs. • Show safe break falling techniques when acting as the attacker.	The attacker will grab a range of targets and the candidate should break free with strikes and releases or take control of the attacker with locks and holds. The candidate should end each attack by safely removing themselves from the situation.
Power Test / Breaking • Three directional breaking combination of candidate's choice. (Must include two leg techniques and one hand technique where the candidate drops and strikes their own board)	Candidates should take control of the situation by positioning the board and holders as needed. Breaking should be done with the correct part of the hand or foot. Techniques should aim to be sharp with acceleration on impact whilst showing good balance and control. Movement between techniques should flow with minimal pauses.
Examiners interview • Questions from member of the grading panel.	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. Candidates should have an idea of their personal goals and contribution to Taekwondo and TCGB.

Examiners may change the grading format or request demonstration of additional techniques to gain a better understanding of a candidate's abilities.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

FROM 5TH DAN TO 6TH DAN

Requirements • Candidates must have been a member of a TCGB club for at least 3 years. • Candidates must have a minimum of 5 years since 5th Dan grading. • Candidates must be a minimum of 30 years old. • Candidates must be recommended to grade by a TCGB instructor (6th Dan Kukkiwon or above), or by written confirmation from the TCGB technical committee. • Contribution to Taekwondo & TCGB (See page 2 for guidance)	In general, we will be looking for a candidate to be confident, composed and sharp. They should aim to show progress since their last grading. Moves should look accurate and effective with physical conditioning reflecting regular hard training, setting a good example to lower grades. Candidates' movements should show a good understanding of all techniques with connected movement and balance. The candidate's techniques should look well practiced with a good level of energy and effort. The candidate should conduct themselves with discipline and show respect.
Technical Seminar • Candidates must attend at least 3 technical seminars conducted by the technical team within the 24 months prior to grading.	Candidates identified at technical seminars as being below the required standard should consider which Dan grading they apply for, allowing enough time to adequately prepare for the exam. Any feedback received should be incorporated into the candidates practice and grading performance.
Poomsae • Jitae Poomsae.* • Sipjin Poomsae.* • Pyongwon Poomsae.* • Taebaek Poomsae.*	All poomsae should be demonstrated to a high standard and completed correctly with minimal attempts. Moves and stances should be clear and easy to identify. The candidate should demonstrate a good level of spirit and power. (See page 10 for poomsae evaluation guidance.)
Basic Movement Sequence*	www.youtube.com/watch?v=292VQcG3Dnw&t=9s
One for One Sparring • Reaction, fitness and accuracy assessment.	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets. Candidates should use this opportunity to demonstrate the strengths in their abilities.
Free Sparring • 1 Vs 1 Sparring.*	Candidates must wear red trunk protector (opponent; blue). 1 minute minimum. 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.
One Step Sparring • One step sparring. (Including takedowns. Format selected by grading panel. May include right side, left side or both.)	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 to the body unless directed otherwise. Takedowns should be controlled and when being taken down an understanding of safe break-falling technique must be shown.
Self Defence • Releases against grabs. • Show safe break falling techniques when acting as the attacker.	The attacker will grab a range of targets and the candidate should break free with strikes and releases or take control of the attacker with locks and holds. The candidate should end each attack by safely removing themselves from the situation.
Power Test / Breaking • Combination of candidate's choice, up to four boards. (Must include leg techniques and hand techniques.	Candidates should take control of the situation by positioning the board and holders as needed. Candidates are encouraged to show their style and personality with their choice of movements, connecting steps and difficulty of breaks.
Examiners interview • Questions from member of the grading panel.	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. Candidates should have an idea of their personal goals and contribution to Taekwondo and TCGB.
Thesis	Topic relating to Taekwondo. Must include a cover, table of contents, and references. Minimum 10 pages, 400 – 500 words per page, font size 12pt.

* A video recording of this requirement will be taken during the grading.

Examiners may change the grading format or request demonstration of additional techniques to gain a better understanding of a candidate's abilities.



TAEKWONDO CHUNGDOKWAN GREAT BRITAIN (TCGB)



DAN GRADING SYLLABUS

FROM 6TH DAN TO 7TH DAN

Requirements • Candidates must have been a member of a TCGB club for at least 4 years. • Candidates must have a minimum of 6 years since 6th Dan grading. • Candidates must be a minimum of 36 years old. • Candidates must be recommended to grade by a TCGB instructor (6th Dan Kukkiwon or above), or by written confirmation from the TCGB technical committee. • Contribution to Taekwondo & TCGB (See page 2 for guidance)	In general, we will be looking for a candidate to be confident, composed and sharp. They should aim to show progress since their last grading. Moves should look accurate and effective with physical conditioning reflecting regular hard training, setting a good example to lower grades. Candidates' movements should show a good understanding of all techniques with connected movement and balance. The candidate's techniques should look well practiced with a good level of energy and effort. The candidate should conduct themselves with discipline and show respect.
Technical Seminar • Candidates must attend at least 3 technical seminars conducted by the technical team within the 24 months prior to grading.	Candidates identified at technical seminars as being below the required standard should consider which Dan grading they apply for, allowing enough time to adequately prepare for the exam. Any feedback received should be incorporated into the candidates practice and grading performance.
Poomsae • Cheonkwon Poomsae.* • Jitae Poomsae.* • Sipjin Poomsae.* • Pyongwon Poomsae.*	All poomsae should be demonstrated to a high standard and completed correctly with minimal attempts. Moves and stances should be clear and easy to identify. The candidate should demonstrate a good level of spirit and power. (See page 10 for poomsae evaluation guidance.)
Basic Movement Sequence*	www.youtube.com/watch?v=9grno5B8GVM
One for One Sparring • Reaction, fitness and accuracy assessment.	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to appropriate targets. Candidates should use this opportunity to demonstrate the strengths in their abilities.
Free Sparring • 1 Vs 1 Sparring*	Candidates must wear red trunk protector (opponent; blue). 1 minute minimum. 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.
One Step Sparring • One step sparring. (Including takedowns. Format selected by grading panel. May include right side, left side or both.)	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 to the body unless directed otherwise. Takedowns should be controlled and when being taken down an understanding of safe break-falling technique must be shown.
Self Defence • Releases against grabs. • Show safe break falling techniques when acting as the attacker.	The attacker will grab a range of targets and the candidate should break free with strikes and releases or take control of the attacker with locks and holds. The candidate should end each attack by safely removing themselves from the situation.
Power Test / Breaking • Combination of candidate's choice. Candidates may select number of boards, directions and techniques.	Candidates should take control of the situation by positioning the board and holders as needed. Candidates are encouraged to show their style and personality with their choice of movements, connecting steps and difficulty of breaks.
Examiners interview • Questions from member of the grading panel.	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. Candidates should have an idea of their personal goals and contribution to Taekwondo and TCGB.
Thesis	Topic relating to Taekwondo. Must include a cover, table of contents, and references. Minimum 10 pages, 400 – 500 words per page, font size 12pt.

* A video recording of this requirement will be taken during the grading.

Examiners may change the grading format or request demonstration of additional techniques to gain a better understanding of a candidate's abilities.



TAEKWONDO CHUNGDOKWAN 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?