

GRADING COMPETENCIES – WHITE BELT

NAME: _____

AGE: _____

DATE: _____

MAGGI (Blocks):	MAX POINTS:	COMMENTS:
Low block	5	
Mid section punch	5	
SOGI (Stance):		
Horse riding stance	5	
Walking stance	5	
CHAGI (Kicks):		
Front kick	5	
Turning kick	5	
KYORUGI (Sparring)		
Sparring skills	10	
POOMSAE (Patterns):		
Basic (Kibon)	10	
HOSHINSUL (Self Defence):		
2 x Defence from Direct Punch	5	
THEORY:		
Head Instructor (Korean)	5	Ans: Kwanjangnim
Instructor (Korean)	5	Ans: Sabomnim
		(White belts to display understanding of terms only.)
Attention - Charyot	5	
Bow - Kyongye	5	
Ready - Chumbi	5	
Presentation	5	
Attendance	10	
Behaviour and Attitude	5	
TOTAL:	100	Pass Mark = 70

GRADING COMPETENCIES – YELLOW BELTS

NAME: _____

AGE: _____ DATE: _____ BELT: _____

MAGGI (Blocks):	MAX POINTS:		COMMENTS:
Low block		5	
High block		5	
Inner arm block		5	
SOGI (Stance):			
Walking stance		5	
Forward stance		5	
Back stance		5	
CHAGI (kicks)			
Front kick		5	
Turning kick (variety)		5	
Axe kick		5	
KYORUGI (Sparring)			
Sparring Skills		10	
POOMSAE (Patterns):			
Taeguek 1, 2 or 3		5	
HOSHINSUL (Self Defence):			
Defence from Wrist Grab		5	Different move for each tip
THEORY:			
Count 1- 4 in Korean		5	hana, doel, set, net
Taekwondo uniform		5	dobok
Style we practice - WTF		5	WTF – World Taekwondo Federation
Presentation		5	
Attendance		10	
Behaviour and Attitude		5	
TOTAL:		100	Pass Mark = 70

MUSA TAEKWONDO

...fitness, martial art, sport

GRADING COMPETENCIES – BLUE BELTS

NAME: _____

AGE: _____ DATE: _____ BELT: _____

MAGGI (Blocks):	MAX POINTS:		COMMENTS:
Back Fist		5	
Double Knife Hand		5	
Outer Arm		5	
SOGI (Stance):			
Back Stance		5	
Forward Stance		5	
Horse Riding Stance		5	
CHAGI (Kicks):			
Spin Turning Kick		5	
Side Kick		5	
Back Kick		5	
Push Kick		5	
Combination Kicks		5	
KYORUGI (Sparring)			
Sparring Skills		10	
POOMSAE (Patterns):			
Taeguk 4, 5 or 6		5	
HOSHINSUL (Self Defence):			
Defence from Lapel Grab		5	Different move for each tip
THEORY:			
Count 1- 6 in Korean		5	hana, doel, set, net, dasoet, yaseoet
Taekwondo training gym		5	dojang
Presentation		5	
Attendance		5	
Behaviour and Attitude		10	
TOTAL:		100	Pass Mark = 70

GRADING COMPETENCIES – **RED BELTS**

NAME: _____

AGE: _____ DATE: _____ BELT: _____

MAGGI (Blocks):	MAX POINTS:	COMMENTS:
Pushing Block	5	
Double Knife Hand (Low)	5	
Half Moon Strike	5	
SOGI (Stance)		
Back Stance	5	
Forward Stance	5	
Cat Stance	5	
CHAGI (Kicks):		
Side Kick	5	
Back Kick	5	
Spin Hook Kick & Spin Turning Kick	5	
Combination Kicks	5	
KYORUGI (Sparring)		
Sparring Skills	10	
POOMSAE (Patterns):		
Taeguek 7, 8 & Koryo	5	
THEORY:		
Count 1- 10 in Korean	5	hana, dool, set, net, dasot, yosot, llgop, Yeodul, Ahop, Yeol
HOSHINSUL (Self Defence):		
Defence from Throat Choke	5	Different move for each tip
KYUKPA (Breaking):		
1 hand / 2 feet attacks	5	
Presentation	5	
Attendance	5	
Behaviour and Attitude	5	
TOTAL:	100	Pass Mark = 70

GRADING COMPETENCIES
CHO DAN BO to 1st Dan Black Belt

NAME: _____

AGE: _____ DATE: _____

MAGGI (Blocks):	MAX POINTS:		COMMENTS:
Combination Blocking		5	
SOGI (Stance):			
Forward, Back, Cat, Horse Riding		5	
CHAGI (Kicks):			
Spin Turning Kick		5	
Side Kick		5	
Jumping Back Kick		5	
Spin Hook Kick		5	
Combination Kicks		5	
HOSHINSUL (Self Defence):			
Wrist hold, Throat grab, Head lock, Wall hold		10	
KYORUGI (Sparring)			
Sparring Skills		10	
POOMSAE (Patterns):			
Choice of 3 Taeguek Patterns (1-8 & Koryo)		15	
THEORY:			
Black Belt Theory Exam		10	
KYUKPA (Breaking):			
2 hand / 3 feet attacks		5	
Presentation		5	
Attendance		5	
Behaviour and Attitude		5	
TOTAL:		100	Pass Mark = 70

MUSA TAEKWONDO

...fitness, martial art, sport

NAME:			
DATE:			
1. Write the correct Taeguek number in English next to the Korean number: (2 points)			
Oh Jang			
Ee Jang			
Sam Jang		Yuk Jang	
Sa Jang		Il Jang	
		Pal Jang	
2. Write the English term for the following: (2 points)			
Chagi			
Seogi			
Kyorugi		Poomsae	
		Hosinsul	
3. Write the English term for the following: (2 points)			
Ap Chagi			
Dollyo Chagi		Yop Chagi	
Dwi-hooryo Chagi		Dwi Chagi	
		Naeryo Chagi	
4. Write the English term for the following: (2 points)			
Charyot			
Jumbi			
Keuman		Sijak	
		Kye Sok	
5. Write the English term for the following: (2 points)			
Hong			
Dobok			
Kwanjangnim		Di	
		Sabomnim	
TOTAL SCORE:			
/10			
INSTRUCTOR SIGNATURE:			

GRADING COMPETENCIES
1st Dan Black Belt to 2nd Dan Black Belt

NAME: _____ AGE: _____

DATE: _____ Current Certificate No: _____

MAGGI (Blocks):	MAX POINTS:	COMMENTS:
Combination Blocking	5	
SOGI (Stance):		
Forward, Back, Cat, Horse Riding	5	
CHAGI (Kicks):		
Spin Turning Kick	5	
Step Back Kick	5	
Spin Hook Kick	5	
Combination Kicks	5	
HOSHINSUL (Self Defence)		
5 self defence, own choice	10	
KYORUGI (Sparring)		
Sparring Skills	10	
POOMSAE (Patterns):		
Koryo, Geumgang	20	
Plus choice of 3 Taeguk poomsae		
THEORY:		
Black Belt Theory Exam	10	
KYUKPA (Breaking):		
2 hand / 3 feet attacks	5	
Presentation	5	
Attendance	5	
Behaviour and Attitude	5	
TOTAL:	100	Pass Mark = 70

BLACK BELT THEORY EXAM (1 st DAN to 2 nd Dan)			
NAME:			
DATE:			
1. Write the Korean name (In English) for the following Taeguek poomsae.			
Taeguek 5		Taeguek 7	
Taeguek 2		Taeguek 6	
Taeguek 3		Taeguek 1	
Taeguek 4		Taeguek 8	
2. Write the Korean term (In English) for the following: (2 points)			
Kick		Block	
Stance		Patterns/Forms	
Sparring		Self Defense	
3. Write the Korean term (In English) for the following: (2 points)			
Front Kick		Side Kick	
Turning Kick		Back Kick	
Spin hook kick		Axe Kick	
4. Write the Korean term (In English) for the following: (2 points)			
Attention		Bow	
Ready		Begin	
Finish		Continue	
5. Write the Korean term (In English) for the following: (2 points)			
Red		Blue	
Uniform		Belt	
Head Instructor		Instructor	
TOTAL SCORE: /10			
INSTRUCTOR SIGNATURE:			