

Tan'Gun Taekwondo Academy Working In Association With Chung Do Kwan, Kukkiwon & World Taekwondo Poom & Dan Grading Requirements

DAN GRADING SYLLABUS

Pre Grading Requirements.

- Candidates must have participated in or coached in at least one competition before their Poom/Dan grade assessment.
- Cadet & Adult candidates must be willing to volunteer for one night a week in order to assist with classes for a minimum of 1 month.

Candidates should be aware...

- There will be a formal interview within each grading.
- There may be theory-based questions asked within the grading.
- There may be a formal written test to be answered under exam conditions.

Special exceptions can be made in extenuating circumstances.

1st Dan/Poom (No minimum age)

Fitness

Run the footpath of Danson Park from the Danson Road entrance within 15 minutes
100 push-ups, 100 sit-ups, 100 squats – Within 10 minutes

Basics

Demonstrate understanding of all intermediate/advanced basics. Techniques and combinations will be called randomly

Poomsae

Up to Taeguk 8

One Step Sparring

Traditional – 8 prearranged 1 Step Movements

2 designed by the candidate from Guarding Stance (straight punches only)

Sparring

World Taekwondo Rules

Escape From Grabs & Holds

Show understanding of the entire kup grade syllabus to a fluent level
Sequence of Breakfalls

Breaking

Individual breaks on both sides.

Front Kick, Roundhouse Kick, Side Kick

