



TOKEY TAEKWONDO CLUB

-X-X-X-

Detail Information on Belt Grading



Time and age limits for Dan Promotions

POOM / DAN	Minimum Time Required for Promotion	Age Limit for Promotion	
		Start from Dan	Start from Poom
1 st to Poom	NA	NA	Less than 15 Years old
1 st to 2 nd Poom	1 Year	NA	15?
2 nd to 3 rd Poom	2 Year	NA	15?
3 rd to 4 th Poom	3 Year	NA	18?
1 st Dan	NA	15 Years and above	NA
1 st to 2 nd Dan	1 Year	16 Years and above	15 Years and above
2 nd to 3 rd Dan	2 Years	18 Years and above	15 Years and above
3 rd to 4 th Dan	3 Years	21 Years and above	18 Years and above
4 th to 5 th Dan	4 Years	25 Years and above	22 Years and above
5 th to 6 th Dan	5 Years	30 Years and above	30 Years and above
6 th to 7 th Dan	6 Years	36 Years and above	36 Years ad above
7 th to 8 th Dan	8 Years	44 Years and above	44 Years and above
8 th to 9 th Dan	9 Years	53 Years and above	53 Years and above

Check Points

Poomsae (Forms)	Kyorugi (Sparring)	Kyokpa (Breaking)	Special Techniques	Theoretical Studies
Eye Control	Eye Control	Eye Control	Power of Blow	Mental Aspect
Concentration of Spirit	Concentration of Spirit	Balance	Special Hand Technique	Practical Aspect
Speed Control	Speed Control	Power Control	Special foot techniques	-
Strength Control	Strength Control	Speed	-	-
Flexibility	Flexibility	Part of attack	-	-
Balance	Balance	-	-	-
Variety in Techniques	-	-	-	-

Fee for Grading up to Black Belt 3rd Dan

BELT	FEE in Rupees
Yellow Belt	550/-
Yellow Belt Green Strip	550/-
Green Belt	650/-
Green Belt Blue Strip	750/-
Blue Belt	800/-
Blue Belt Red Strip	900/-
Red Belt	1050/-
Red Belt Black Strip	1250/-
Black Belt Dan – 1	6000/-
Black Belt Dan – 2	7000/-
Black Belt Dan – 3	9000/-



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-X-X-X-

Technical Syllabus for Belt Grading



Yellow Belt (9th Kup)

White Belt signifies Innocence. No previous knowledge of Martial Arts, as that of a beginner student.

Syllabus

- Attention Position
- Khyong – Rye
- Joombe
- Walking Stance
- Forward Stance
- Horse Stance
- Small Combinations
- Basic Kicking
- Basic Attacks
- Basic Blocks
- Basic Exercises
- Pad Practice
- Sparring

Following will be covered in all the Belt Grading

- | | |
|----------------------|------------------------|
| 1. Neck Exercise | 9. flexibility |
| 2. Shoulder Exercise | 10. Stamina work |
| 3. Wrist | 11. Strength work |
| 4. Waist | 12. Hand basics |
| 5. Legs | 13. Kick basics |
| 6. Foot | 14. conditioning |
| 7. One leg Support | 15. Taegueks |
| 8. Starching | 16. Cool Down exercise |

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- | | |
|---------------------|------------------------------------|
| 1. Running | 11. Drilling |
| 2. Frog Jumps | 12. Charging |
| 3. Duck Walk | 13. Leg change in Push up position |
| 4. Crocodile walk | 14. Stepping |
| 5. Front Role | 15. Push ups |
| 6. Back Role | 16. Sitting kicks |
| 7. Monkey Race | 17. Abs exercise |
| 8. Sprints | 18. High jumps |
| 9. Horse Jumps | 19. Meditation |
| 10. Jump and splits | |



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-X-X-X-

Technical Syllabus for Belt Grading



Yellow Belt Green Strip

Represents the Earth where the seed of Martial arts is planted as the foundation of Martial Arts is being laid.

Syllabus

- Front Rolls : 10
- Back Rolls : 10
- Frog Jumps : 100
- Sit – Ups : 50
- Running : 1500 meters
- Horse Riding Stance
 - Stomach Punch : 50
 - Face Punch : 50
 - Down Punch : 50
 - Face Block : 10
 - Stomach Block : 10
 - Inner Block : 10
 - Down Block : 10
- Up – Dolgi : 10
- Bakat – Chagi : 10
- Neereo Chagi : 10
- Up – Chagi : 10
- Dolyo Chagi : 10 (Pad)
- Forward Stance (Moving forward)
 - Stomach Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Stomach Block : 10 Single | 10 with stomach punch
- Forward Stance (Moving forward)
 - Face Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Face Block : 10 Single | 10 with face punch
- Forward Stance (Moving forward)
 - Down Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Down Block : 10 Single | 10with down punch
- Sparring : One Round (3 minutes)



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-X-X-X-

Technical Syllabus for Belt Grading



Green Belt

Represents the green plant growing as the skills of Martial Arts Develop

Syllabus

- Front Rolls : 20
- Back Rolls : 20
- Frog Jumps : 150
- Sit – Ups : 80
- Running : 2000 meters
- Horse Riding Stance
 - Stomach Punch : 100
 - Face Punch : 100
 - Down Punch : 100
 - Face Block : 20
 - Stomach Block : 20
 - Inner Block : 20
 - Down Block : 20
- Up – Dolgi : 10 in Kicking Position | 10 with Sitting
- Bakat – Chagi : 10 in Kicking Position | 10 with Sitting
- Neereo Chagi : 10 in Kicking Position | 10 with Sitting
- Up – Chagi : 10 in Kicking Position | 10 with Sitting
- Dolyo Chagi : 10 (Pad) in Kicking Position | 10 with Sitting
- Forward Stance (Moving forward)
 - Stomach Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Stomach Block : 10 Single | 10 with stomach punch
- Forward Stance (Moving forward)
 - Face Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Face Block : 10 Single | 10 with face punch
- Forward Stance (Moving forward)
 - Down Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Down Block : 10 Single | 10with down punch
- Sparring : 2 rounds 3 minutes each



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-X-X-X-

Technical Syllabus for Belt Grading



Green Belt Blue Strip

Represents the green plant growing as the skills of Martial Arts Develop

Syllabus

- Front Rolls : 20
- Back Rolls : 20
- Frog Jumps : 150
- Sit – Ups : 80
- Running : 2000 meters
- Horse Riding Stance
 - Stomach Punch : 100
 - Face Punch : 100
 - Down Punch : 100
 - Face Block : 20
 - Stomach Block : 20
 - Inner Block : 20
 - Down Block : 20
- Up – Dolgi : 10 in Kicking Position | 10 with Sitting
- Bakat – Chagi : 10 in Kicking Position | 10 with Sitting
- Neereo Chagi : 10 in Kicking Position | 10 with Sitting
- Up – Chagi : 10 in Kicking Position | 10 with Sitting
- Dolyo Chagi : 10 (Pad) in Kicking Position | 10 with Sitting
- Forward Stance (Moving forward)
 - Stomach Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Stomach Block : 10 Single | 10 Triple
- Forward Stance (Moving forward)
 - Face Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Face Block : 10 Single | 10 Triple
- Forward Stance (Moving forward)
 - Down Punch : 10 Single | 10 Triple
- Forward Stance (Moving Backward)
 - Down Block : 10 Single | 10 Triple
- Sparring : 2 rounds 3 minutes each



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-X-X-X-

Technical Syllabus for Belt Grading



Blue Belt

Signifies the sky and the heavens towards which the tree grows and Martial Arts training progresses

Syllabus

- Front Rolls : 40
- Back Rolls : 40
- Frog Jumps : 300
- Sit – Ups : 150
- Running : 3000 meters | Sprints 3
- Horse Riding Stance
 - Stomach Punch : 300
 - Face Punch : 300
 - Down Punch : 300
 - Face Block : 20
 - Stomach Block : 20
 - Inner Block : 20
 - Down Block : 20
- Up – Dolgi : 10 in Kicking Position | 10 with Sitting | 10 in walking stance
- Bakat – Chagi : 10 in Kicking Position | 10 with Sitting | 10 in walking stance
- Neereo Chagi : 10 in Kicking Position | 10 with Sitting | 10 in walking stance
- Up – Chagi : 10 in Kicking Position | 10 with Sitting | 10 in walking stance
- Dolyo Chagi : 10 (Pad) in Kicking Position | 10 with Sitting | 10 in walking stance
- Forward Stance (Moving forward)
 - Stomach Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Stomach Block : 10 Single | 10 with stomach punch
- Forward Stance (Moving forward)
 - Face Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Face Block : 10 Single | 10 with face punch
- Forward Stance (Moving forward)
 - Down Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Down Block : 10 Single | 10with down punch
- Sparring : 3 rounds 3 minutes each



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-X-X-X-

Technical Syllabus for Belt Grading



Blue Belt Red Strip

Signifies the sky and the heavens towards which the tree grows and Martial Arts training progresses.

Syllabus

- Front Rolls : 40
- Back Rolls : 40
- Frog Jumps : 300
- Sit – Ups : 250
- Running : 3000 meters | Sprints 3
- Horse Riding Stance
 - Stomach Punch : 300
 - Face Punch : 300
 - Down Punch : 300
 - Face Block : 20
 - Stomach Block : 20
 - Inner Block : 20
 - Down Block : 20
- Up – Dolgi : 15 in Kicking Position | 10 with Sitting | 15 in walking stance
- Bakat – Chagi : 15 in Kicking Position | 10 with Sitting | 15 in walking stance
- Neereo Chagi : 15 in Kicking Position | 10 with Sitting | 15 in walking stance
- Up – Chagi : 15 in Kicking Position | 10 with Sitting | 15 in walking stance
- Dolyo Chagi : 15 (Pad) in Kicking Position | 10 with Sitting | 15 in walking stance
- Forward Stance (Moving forward)
 - Stomach Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Stomach Block : 10 Single | 10 with stomach punch
- Forward Stance (Moving forward)
 - Face Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Face Block : 10 Single | 10 with face punch
- Forward Stance (Moving forward)
 - Down Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Down Block : 10 Single | 10with down punch
- Sparring : 3 rounds 3 minutes each



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-X-X-X-

Technical Syllabus for Belt Grading



Red Belt

Red Belt signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

Syllabus

- Front Rolls : 50
- Back Rolls : 50
- Frog Jumps : 300
- Sit – Ups : 300
- Running : 3000 meters | Sprints 5
- Horse Riding Stance
 - Stomach Punch : 500
 - Face Punch : 500
 - Down Punch : 500
 - Face Block : 50
 - Stomach Block : 50
 - Inner Block : 50
 - Down Block : 50
- Up – Dolgi : 20 in Kicking Position | 15 with Sitting | 20 in walking stance
- Bakat – Chagi : 20 in Kicking Position | 15 with Sitting | 20 in walking stance
- Neereo Chagi : 20 in Kicking Position | 15 with Sitting | 20 in walking stance
- Up – Chagi : 20 in Kicking Position | 15 with Sitting | 20 in walking stance
- Dolyo Chagi : 20 (Pad) in Kicking Position | 15 with Sitting | 20 in walking stance
- Forward Stance (Moving forward)
 - Stomach Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Stomach Block : 10 Single | 10 with stomach punch
- Forward Stance (Moving forward)
 - Face Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Face Block : 10 Single | 10 with face punch
- Forward Stance (Moving forward)
 - Down Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Down Block : 10 Single | 10with down punch
- Sparring : 5 rounds 3 minutes each



TOKEY TAEKWONDO CLUB

-X-X-X-

Technical Syllabus for Belt Grading



Red Belt Black Strip

Red Belt signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

Syllabus

- Front Rolls : 50
- Back Rolls : 50
- Frog Jumps : 400
- Sit – Ups : 400
- Running : 3000 meters | Sprints 5
- Horse Riding Stance
 - Stomach Punch : 500
 - Face Punch : 500
 - Down Punch : 500
 - Face Block : 50
 - Stomach Block : 50
 - Inner Block : 50
 - Down Block : 50
- Up – Dolgi : 20 in Kicking Position | 30 with Sitting | 50 in walking stance
- Bakat – Chagi : 20 in Kicking Position | 30 with Sitting | 50 in walking stance
- Neereo Chagi : 20 in Kicking Position | 30 with Sitting | 50 in walking stance
- Up – Chagi : 20 in Kicking Position | 30 with Sitting | 50 in walking stance
- Dolyo Chagi : 20 (Pad) in Kicking Position | 20 with Sitting | 20 in walking stance
- Forward Stance (Moving forward)
 - Stomach Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Stomach Block : 10 Single | 10 with stomach punch
- Forward Stance (Moving forward)
 - Face Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Face Block : 10 Single | 10 with face punch
- Forward Stance (Moving forward)
 - Down Punch : 10 Single | 10 Triple | 10 elbow on chin
- Forward Stance (Moving Backward)
 - Down Block : 10 Single | 10with down punch
- Sparring : 5 rounds 5 minutes each



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-X-X-X-

Breaking & Poomsae for Belt Grading



BELT	BREAKING		POOMSAE	
	BOARD	TILE	Compulsory	Appointed
Yellow	NA	NA	Taeguk – 1	Taeguk – 1
Yellow Belt Green Strip	NA	Na	Taeguk – 2	Taeguk – 1 to 2
Green Belt	1 (Thin)	1	Taeguk – 3	Taeguk – 1 to 3
Green Belt blue Strip	1 (Thin)	1	Taeguk – 3	Taeguk – 1 to 3
Blue Belt	2 (Thin)	2	Taeguk – 4	Taeguk – 1 to 4
Blue Belt red Strip	2 (Thick)	2	Taeguk – 5	Taeguk – 1 to 5
Red Belt	3 (Thick)	3	Taeguk – 6	Taeguk – 1 to 6
Red Belt black Strip	4 (Thick)	4	Taeguk – 7	Taeguk – 1 to 7

BREAKING CAN BE DONE WITH	
Thrust	Ten / Eight / Five / Three Tiles
Inner Chap	Ten / Eight / Five / Three Tiles
Punch	Ten / Eight / Five / Three Tiles
Elbow	Ten / Eight / Five / Three Tiles
Dolyo Chagi	Single / Double / Triple Board
Turn Dolyo (Standing / Series / Continue)	Single / Double / Triple Board
Neeryo Chagi	Single / Double / Triple Board
Back Kick	Single / Double / Triple Board
Side Kick	Single / Double / Triple Board
Round Kick	Single / Double / Triple Board
Jump Back Kick	Single / Double / Triple Board
Jump Round Kick	Single / Double / Triple Board
Kick Combinations	Single / Double / Triple Board