

### 3<sup>rd</sup> Dan Grading Requirements

<b>Syllabus – For promotion to 4<sup>th</sup> DAN (Black)</b>	
1. Patterns – Sam-Il Yoo-Sin Choi-Yong	
2. Sparring – Free Sparring, 2v1 Sparring & Foot Sparring & Self Defence	
3. Destruction – 360 Degree Back Kick & Free Choice Of Hand Technique Measuring and breaking, utilising relevant part of foot Practice & prepare for all previously performed foot & hand techniques	
4. Terminology	
NOTE: Revise all previous (physical & terminology)	

<b>Terminology</b>									
1	<p><b>Sam-Il</b> – 33 Movements (Ready Posture = <i>MOA JUNBI SOGI C</i>)</p> <p>SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.</p> <p><b>Yoo-Sin</b> – 68 Movements (Ready Posture = <i>MOOSA JUNBI SOGI B</i>)</p> <p>YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.</p> <p><b>Choi-Yong</b> – 46 Movements (Ready Posture = <i>NARANI MOA JUNBI SOGI C</i>)</p> <p>CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee (Yi) Dynasty.</p>								
3	<p><b>GENERAL TERMINOLOGY</b></p> <table border="0"> <tr> <td>WARRIOR</td> <td><i>MOOSA</i></td> </tr> <tr> <td>WAVING</td> <td><i>DORO</i></td> </tr> <tr> <td>SWEEPING</td> <td><i>SUROH</i></td> </tr> <tr> <td>RELEASING</td> <td><i>BEAGI or JAPPYO SUL TAE</i></td> </tr> </table>	WARRIOR	<i>MOOSA</i>	WAVING	<i>DORO</i>	SWEEPING	<i>SUROH</i>	RELEASING	<i>BEAGI or JAPPYO SUL TAE</i>
WARRIOR	<i>MOOSA</i>								
WAVING	<i>DORO</i>								
SWEEPING	<i>SUROH</i>								
RELEASING	<i>BEAGI or JAPPYO SUL TAE</i>								
4	<p><b>NEW MOVEMENTS IN SAM-IL</b></p> <table border="0"> <tr> <td>DOUBLE FIST LOW PUNCH</td> <td><i>DOO JOOMOK NAJUNDE JIRUGI</i></td> </tr> <tr> <td>SWEEPING KICK</td> <td><i>SUROH CHAGI</i></td> </tr> </table>	DOUBLE FIST LOW PUNCH	<i>DOO JOOMOK NAJUNDE JIRUGI</i>	SWEEPING KICK	<i>SUROH CHAGI</i>				
DOUBLE FIST LOW PUNCH	<i>DOO JOOMOK NAJUNDE JIRUGI</i>								
SWEEPING KICK	<i>SUROH CHAGI</i>								

COURTESY - INTEGRITY - PERSEVERANCE - SELF-CONTROL - INDOMITABLE SPIRIT

<b>5</b>	<p><b>NEW MOVEMENTS IN YOO-SIN</b></p> <p>RELEASING MOTION  U SHAPE PUNCH  WAVING KICK  BACK HAND HORIZONTAL STRIKE  CRESCENT KICK  SIDE FIST DOWNWARD STRIKE</p>	<p><i>BAEGI</i>  <i>DIGUTJA JIRUGI</i>  <i>DORO CHAGI</i>  <i>SONDUNG SOOPYONG TAERIGI</i>  <i>BANDAL CHAGI</i>  <i>YOP JOOMUK NAERYO TAERIGI</i></p>
<b>6</b>	<p><b>NEW MOVEMENTS IN CHOI-YONG</b></p> <p>TRIPLE STEP TURNING  RESERSE HOOKING KICK  MIDDLE KNUCKLE FIST HIGH PUNCH</p>	<p><i>SAMBO ONGYO DIDIMYO DOLGI</i>  <i>BANDAE DOLLYO GORO CHAGI</i>  <i>JOONGI JOOMUK NOPUNDE JIRUGI</i></p>
<b>7</b>	<b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN ALL PATTERNS LEARNT TO CURRENT GRADE</b>	
<b>8</b>	<b>REVISE ALL PREVIOUS TERMINOLOGY FOR DESTUCTION AND PARTS OF USE</b>	
<b>9</b>	<p><b>Essay question:</b></p> <ul style="list-style-type: none"> <li>▪ Personal history &amp; thesis are requirements for grading to 4<sup>th</sup> Degree. It can be on any subject pertaining to Taekwon-Do. A few ideas include what you think about Taekwon-Do at present, or how you see it developing in the future. Alternatively it could be about any part of Taekwon-Do such as warming up exercises, patterns, sparring or any other element of Taekwon-Do practice and training. You can base it around your personal field of expertise for example, the anatomy in connection with Taekwon-Do. MWTA also require that you incorporate the following ...  Translated the word 'Do', in Taekwon-Do literally means 'the way of the art'. Explain in your thesis, in your own words, what you understand by the word 'Do', in Taekwon-Do.</li> </ul>	