



# **TKD GENERATIONS SYLLABUS**

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## BRITISH TAEKWONDO TRAINING SYLLABUS

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# INTRODUCTION

## General

The practise of taekwondo covers a wide range of disciplines and purposes, including sparring (*kyorugi*), forms (*poomsae*), breaking (*kyuk-pa*) and self-defence (*hoshinsul*). British Taekwondo’s aim is to provide high-quality taekwondo experiences for all members, whatever aspects of taekwondo they choose to focus on and whatever age they are.

These are the minimum recommendations from the British Taekwondo Martial Arts Technical Team (MATT) for safely teaching the syllabus from 10th kup (white belt) to 8th dan, in conjunction with the British Taekwondo insurance recommendations. The fundamental principle in all training is that safety must come first. As a British Taekwondo instructor, coach or examiner, your judgement in designing and implementing lesson plans must take into account the age, ability, health, weight, medical condition and grade of each student. Please note that any techniques taught and learned at lower grades should also be maintained and assessed at subsequent grades. In this syllabus, we only list the techniques introduced at each grade.

In designing this syllabus, MATT has thoroughly investigated and considered the differences in performance levels and abilities of all age groups. We have confidence that our instructors, coaches and examiners will apply this syllabus and its underlying principles to their lesson planning and kup promotion tests.

You are encouraged to contact MATT (Master Ian Lennox: [ian.lennox@britishtaekwondo.org](mailto:ian.lennox@britishtaekwondo.org)) for technical advice and guidance on the implementation of this syllabus. MATT also conducts seminars regularly throughout Great Britain. Please visit our Facebook (British Taekwondo), Twitter (@BritTaekwondo) and Calendar and Events sections of the British Taekwondo website ([www.britishtaekwondo.org](http://www.britishtaekwondo.org)) frequently for information on these.

## Guidance for instructors

In order to appreciate the principles upon which this syllabus is based, we set out advice (below) on how to train and assess students of different levels and age groups.

Student Level	Grade	Explanation
Novice	10th-7th kup	Novices attempt to understand and emulate the instructor’s skills. They usually need clear and step-by-step guidance.
		Techniques are generally performed deliberately, mechanically and with conscious thought. Skills are generally rudimentary and errors may be frequent.
Intermediate	6th-3rd kup	Intermediate students are learning to acquire new skills more rapidly and with less conscious effort. Errors become less frequent but physical abilities are still a limiting factor in both acquisition and practice of skills.
Advanced	2nd-1st kup	Advanced students perform techniques more easily and become less dependent on repetitive or detailed explanations from the instructor. New techniques become easier to acquire and will eventually become automatic reflexes. Existing techniques become increasingly well-performed, with greater power, accuracy and speed.
	1st dan/poom and above	Dan and poom grade students <sup>1</sup> have learned to take responsibility for their development and are increasingly self-sufficient in their own learning.

<sup>1</sup> Please note that students under 15 can achieve 1st to 3rd poom (junior black belt ranks). When they reach 15, their rank is automatically converted to the corresponding dan. However, the minimum age for 4th dan is 18, so those who are 17 or younger are classified as 4th poom. There is no 5th poom and the minimum age for 5th dan is 22 years.

## Age-specific Information

Range (years)	Coaching tips	Guidelines for promotion
<b>Under 9</b>	<p>Learning through fun and excitement, without undue pressure to achieve.</p> <p>Developing motor skills (coordination, balance, spatial awareness and agility).</p> <p>Behavioural benefits of the tenets (principles) of taekwondo</p>	<p>While technical ability is important, it should not come before enthusiasm and the desire to improve.</p> <p>Children develop at different rates. Assessment has to take account of each child's needs and abilities so it is important to recognise potential and to nurture every child's development.</p>
<b>10-13</b>	<p>Educational (personal development) Motivation, enhancing self-awareness. Basic explanations of how and why techniques are executed.</p>	<p>Technical ability should now be encouraged. Speed, accuracy and power are increasingly important.</p>
<b>14-17</b>	<p>Developing self-esteem and positive self-image.</p> <p>Improving physical fitness and providing awareness of self-defence. Explanations should be understood more easily and more quickly at this age.</p>	<p>Students should understand what techniques are used for and how they are performed. Speed, accuracy and power are expected.</p>
<b>18-24</b>	<p>Encouraging taekwondo as a positive life-style choice.</p> <p>Developing positive self-image, improving physical fitness and providing self-defence skills.</p>	<p>Students should be capable of understanding the principles and practice of taekwondo techniques and should have self-motivation to improve performance.</p> <p>There should be more emphasis on speed, accuracy and power.</p>
<b>25-35</b>	<p>Taekwondo as a positive release from the stresses of everyday life and as a means of increasing diversity in the student's lifestyle through healthy physical activity.</p>	<p>Greater practical understanding of the principles of taekwondo techniques.</p> <p>Flexibility may affect performance although speed, accuracy and power are key attributes.</p>
<b>36-49</b>	<p>Health and well-being start to become key motivators.</p> <p>The coach's understanding of the student's history (previous sports or life-style) must guide physical expectations.</p>	<p>Lifestyle improvements can play a part in the student's progression and promotion.</p> <p>Flexibility and fitness will affect performance. Speed and power will have less significance, although accuracy will remain important.</p> <p>Understanding of the fundamental practical application and principles of techniques are expected.</p> <p>Caution must be exercised in the case of some students, to avoid the risk of injuries caused by techniques such as takedowns and joint locks. This will be achieved by discussion with the student.<sup>2</sup></p>
<b>50 and over</b>	<p>Health and well-being are of primary importance.</p> <p>The coach's understanding of the student's history (previous sports or life-style) must guide physical expectations.</p> <p>Taekwondo is one of the few activities that people can perform to a high standard at an advanced age. However, expectations of physical performance should be specifically adapted to age and ability.</p>	<p>Expectation of performance should be adapted according to the student's physical capabilities.</p> <p>Allow appropriate recovery time between the various activities.</p> <p>Great care should be taken to avoid the risk of injuries caused by certain techniques, such as takedowns and joint locks. This may mean that some students in this group only act as the defender, not the attacker, in self-defence and one-step sparring. This will be achieved by discussion with the student.</p>

<sup>2</sup> See also Section 6 (p.4) for guidance on self-defence techniques for younger and older students.

## Sparring

All students, at all grades, should practise sparring, unless there are medical grounds to forbid it. Sparring consists of various forms, including (amongst others) one-step sparring, one-for-one kicking and sport sparring. Sport sparring may be non-contact, light-contact or full-contact. Full-contact sport sparring is not permitted until the students have reached at least 9th kup.

Instructors should assess students' abilities and behaviour before allowing them to participate in competition or training for competition. Sport sparring training should be practised according to the permitted techniques in the WTF competition rules. Instructors must ensure that they and their students are familiar with the latest WTF competition rules and British Taekwondo Event and Competition Regulations. Students must wear appropriate personal protective equipment (PPE) for sport sparring practice.

## Specialised Training

Students may participate in special activities and training beyond the minimum specified in the syllabus. This is for those students who are able to progress faster or who wish to practise specialised techniques under the close tuition of an insured instructor. (An *'insured instructor'* is one who holds instructor's professional indemnity insurance in his/her own right.)

### 1 Sport sparring

Specialised sport sparring without body protection must be done under the supervision of an insured instructor, in a controlled environment.

### 2 Basics

Specialised techniques for Intermediate and Advanced students under supervision of an insured instructor

### 3 Breaking

Specialised techniques for Intermediate and Advanced students, under supervision of an insured instructor

### 4 Elite competition training & Demonstration techniques

All students, from 9th kup upwards, can practise some competition or demonstration techniques. Special training for high-level competition sparring or for advanced techniques for public demonstrations is not part of the routine training programme. Demonstrations can involve difficult or acrobatic techniques with a consequent greater risk of injury. These two aspects of taekwondo should therefore be practised at specialised training sessions, by competent students under the supervision of an insured instructor.

### 5 Weapons training

The use of hand weapons (e.g., short sticks, staffs, wooden swords) for specific attack and defence techniques or as training tools in their own right is a legitimate extension to taekwondo training.

### 6 Specialised self-defence training

This encompasses all techniques necessary for effective self-defence, such as joint locks, throws, grappling or restraint techniques, attacks to pressure points and use of appropriate materials or weapons. Certain self-defence techniques (such as joint locks) present risks at both ends of the age range. In junior students, the joints and bones are still developing and more susceptible to damage than in adults. In rare cases, damage to bone growth plates can lead to permanent deformity. With older students, the bones may be brittle and joints painful due to arthritis. Caution and restraint are therefore advised in the practice of such techniques with such students.

Self-defence is not an assessed part of the kup grade programme until 1st kup but is part of the training programme and syllabus for all grades.

## Diet & weight management

Coaches and students must be aware of what constitutes a healthy diet for participation in sport. The long-term health and welfare of the student are paramount and come before any other considerations, such as competition weight.

Any students planning to lose weight to meet their fighting weight must follow a scientifically proven, rational dietary regime. In particular, young students should be taught to avoid excessive or over-rapid weight loss in order to meet fighting weights. All students, especially young students, should also be taught to avoid maintaining unnaturally low weights for competition.

# KUP GRADE SYLLABUS

## 10th KUP to 9th KUP

LEVEL		TRAINING PERIOD		
Novice		Minimum 3 months from start (Instructor's discretion)		
TECHNICAL CONTENT		TECHNICAL ASSESSMENT	GRADING STANDARD	
<b>Poomsae</b>	None required.			
<b>Basics</b>	Stances	Attention; ready; walking; back; long; horse riding	Recognisable: correct foot positions, posture, balance and stability	50% of techniques performed to Novice Standard.
	Blocks	Low block; inside to outside middle block	Recognisable: start and finish positions	50% of techniques performed to Novice Standard.
	Strikes	In horse riding stance on the spot; single and double punch	Recognisable: start and finish positions	50% of techniques performed to Novice Standard.
	Kicking	Front kick; crescent kick (outside to inside and inside to outside); half-turning kick	Recognisable: start and finish positions, part of foot and motion	50% of techniques performed to Novice Standard.
<b>Sparring</b> (Appropriate PPE.)	One-for-one kicking	No contact.	Both legs; some understanding of timing and distance	50% of techniques performed to Novice Standard.
	Target	Punches and kicks (using paddles and/or focus mitts)	Both legs; both hands; contacting target	50% of techniques performed to Novice Standard.
	One-step	Instructor's choice; for 14 years and above only Starting from long stance, low block. Attacker punches to mid-section.	Simple movements, blocking and counter-attacking.	50% of techniques performed to Novice Standard.
	Sport	No contact or light contact, at instructor's discretion	Demonstrate timing, movement and distance. Kicking and punching to scoring areas.	50% of techniques performed to Novice Standard.
<b>Self-defence</b>	None required.			
<b>Power test</b>	Optional for 15 years plus, in training.		Not applicable for grading.	
<b>Terminology</b>	See Appendix 1.			

These are the minimum recommendations for 9th Kup.

## 9th KUP to 8th KUP

LEVEL		TRAINING PERIOD		
Novice		Minimum 3 months from start (Instructor's discretion)		
TECHNICAL CONTENT		TECHNICAL ASSESSMENT		GRADING STANDARD
<b>Poomsae</b>	None required.			
<b>Basics</b>	Stances	Attention; ready; walking; back; long; horse riding	Recognisable: correct foot positions, posture, balance and stability	60% of techniques performed to Novice Standard.
	Blocks	Guarding block; head block; low block; outside to inside middle block	Recognisable: start and finish positions	60% of techniques performed to Novice Standard.
	Strikes	Moving in long stance: single punch In horse riding stance: double and triple punch	Recognisable: start and finish positions	60% of techniques performed to Novice Standard.
	Kicking	Side kick; axe kick	Recognisable: start and finish positions, part of foot and motion	60% of techniques performed to Novice Standard.
<b>Sparring</b> (Appropriate PPE.)	One-for-one kicking	No contact.	Both legs; some understanding of timing and distance	60% of techniques performed to Novice Standard.
	Target	Punches and kicks (using paddles and/or focus mitts)	Both legs; both hands; contacting target	60% of techniques performed to Novice Standard.
	One-step	Instructor's choice; for 14 years and above only Starting from long stance, low block. Attacker punches to mid-section.	Simple movements, blocking and counter-attacking.	60% of techniques performed to Novice Standard.
	Sport	No contact or light contact, at instructor's discretion Full-contact is only for those training for competition.	Demonstrate timing, movement and distance. Kicking and punching to scoring areas.	60% of techniques performed to Novice Standard.
<b>Self-defence</b>	Wrist & collar grabs	Releases and counter-attacks	Starting to understanding correct body movements.	Not applicable for grading.
<b>Power test</b>	Optional for 15 years plus, in training.			Not applicable for grading.
<b>Terminology</b>	See Appendix 1.			

These are the minimum recommendations for 8th Kup.



## 8th KUP to 7th KUP

LEVEL			TRAINING PERIOD	
Novice			Minimum 3 months from start (Instructor's discretion)	
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Taegeuk Il Jang		The movements and techniques should be performed correctly but some minor errors are acceptable.	70% of techniques performed to Novice Standard.
Basics	Stances	Attention; ready; walking; back; long; horse riding	Correct foot positions, posture, balance and stability	70% of techniques performed to Novice Standard.
	Blocks	Knife-hand guarding block; head block; low block; outside to inside middle block	Correct start and finish positions; should show development in accuracy and power.	70% of techniques performed to Novice Standard.
	Strikes	Moving in long stance: single punches (head and low); single knife-hand strike (inward and outward)	Correct start and finish positions; should show development in accuracy and power.	70% of techniques performed to Novice Standard.
	Kicking	Pushing kick; skipping half-turning kick; step-through side kick; twisting kick	Correct start and finish positions, part of foot and motion; should show development in accuracy and power	70% of techniques performed to Novice Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Light contact, at instructor's discretion.	Better understanding of timing and distance, with variety of techniques.	70% of techniques performed to Novice Standard.
	Target	Punches and kicks (using paddles and/or focus mitts)	Both legs; both hands; contacting target	70% of techniques performed to Novice Standard.
	One-step	Instructor's choice; all ages. Starting from long stance, low block. Attacker punches to mid-section.	Simple movements, blocking and counter-attacking. Variety of techniques for 14 years and above.	70% of techniques performed to Novice Standard.
	Sport	No contact or light contact, at instructor's discretion. Appropriate PPE.	Demonstrate attacking and counter-attacking.	70% of techniques performed to Novice Standard.
Self-defence	Wrist & collar grabs	Releases and counter-attacks	Starting to understanding correct body movements.	Not applicable for grading.
Power test	Optional for 15 years plus, in training.			Not applicable for grading.
Terminology	See Appendix 1.			

These are the minimum recommendations for 7th Kup.

## 7th KUP to 6th KUP

LEVEL			TRAINING PERIOD	
Intermediate			Minimum 3 months from start (Instructor's discretion)	
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Taegeuk Ee Jang		The movements and techniques should be performed correctly but some minor errors are acceptable.	60% of techniques performed to Intermediate Standard.
	Taegeuk Il Jang			
Basics	Stances	Attention; ready; walking; back; long; horse riding	Correct foot positions, posture, balance and stability	60% of techniques performed to Intermediate Standard.
	Blocks	Low and high cross blocks	Correct start and finish positions; should show accuracy and power.	60% of techniques performed to Intermediate Standard.
	Strikes	Moving in appropriate stances: spear-finger thrusts	Correct start and finish positions; should show accuracy and power.	60% of techniques performed to Intermediate Standard.
	Kicking	Back kick; double front kick; double half-turning kick	Recognisable start and finish positions; balance and recovery after kick	60% of techniques performed to Intermediate Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Light contact, at instructor's discretion.	Understanding of timing and distance, with variety of techniques.	60% of techniques performed to Intermediate Standard.
	Target	Punches and kicks (using paddles and/or focus mitts)	Both legs; both hands; contacting target	60% of techniques performed to Intermediate Standard.
	One-step	Instructor's choice; all ages. Starting from long stance, low block. Attacker punches to mid-section.	Simple movements, blocking and counter-attacking. Variety of techniques for 14 years and above.	60% of techniques performed to Intermediate Standard.
	Sport	Light contact.	Attacks and counter-attacks to head and body.	60% of techniques performed to Intermediate Standard.
Self-defence	Wrist & collar grabs	Releases and counter-attacks	Starting to understand practical applications.	Not applicable for grading.
Power test	Optional for 15 years plus, in training.			Not applicable for grading.
Terminology	See Appendix 1.			

These are the minimum recommendations for 6th Kup.

## 6th KUP to 5th KUP

LEVEL			TRAINING PERIOD	
Intermediate			Minimum 3 months from start (Instructor's discretion)	
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Taegeuk Sam Jang		The movements and techniques should be performed correctly. Minor errors are acceptable.	70% of techniques performed to Intermediate Standard.
	Taegeuk Ee Jang			
Basics	Stances	Cross stances	Correct foot positions, posture, balance and stability	70% of techniques performed to Intermediate Standard.
	Blocks	Low and high cross blocks	Correct start and finish positions; should show accuracy and power.	70% of techniques performed to Intermediate Standard.
	Strikes	Elbow strikes	Correct start and finish positions; should show accuracy and power.	70% of techniques performed to Intermediate Standard.
	Kicking	360° half-turning kick; hook kick	Recognisable start and finish positions; balance and recovery after kick	70% of techniques performed to Intermediate Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Light contact, at instructor's discretion.	Understanding of timing and distance, with variety of techniques.	70% of techniques performed to Intermediate Standard.
	Target	Punches and kicks (using paddles and/or focus mitts)	Both legs; both hands; contacting target	70% of techniques performed to Intermediate Standard.
	One-step	Instructor's choice; all ages. Starting from long stance, low block. Attacker punches to mid-section.	Simple movements, blocking and counter-attacking. Variety of techniques for 14 years and above.	70% of techniques performed to Intermediate Standard.
	Sport	Contact sparring, at instructor's discretion.	Attacks and counter-attacks to head and body. WTF Competition Rules.	70% of techniques performed to Intermediate Standard.
Self-defence	Wrist & collar grabs	Releases and counter-attacks	Improving understanding of practical applications.	Not applicable for grading.
Power test	15 years plus.	Side kick and/or elbow strike	Correct part of foot or elbow.	Break not essential; power and technique are the primary criteria.
Terminology	See Appendix 1.			

These are the minimum recommendations for 5th Kup.

## 5th KUP to 4th KUP

LEVEL		TRAINING PERIOD		
Intermediate		Minimum 3 months from start (Instructor's discretion)		
TECHNICAL CONTENT		TECHNICAL ASSESSMENT	GRADING STANDARD	
Poomsae	Taegeuk Sa Jang	The movements and techniques should be performed correctly. Minor errors are acceptable.	80% of techniques performed to Intermediate Standard.	
	Taegeuk Sam Jang			
Basics	Stances	Tiger	Correct foot positions, posture, balance and stability	80% of techniques performed to Intermediate Standard.
	Blocks	Various blocks in combination with strikes	Correct start and finish positions; should show accuracy and power.	80% of techniques performed to Intermediate Standard.
	Strikes	Palm heel	Correct start and finish positions; should show accuracy and power.	80% of techniques performed to Intermediate Standard.
	Kicking	Reverse crescent kick; jumping front kick	Recognisable start and finish positions; balance and recovery after kick	80% of techniques performed to Intermediate Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Light contact, at instructor's discretion.	Understanding of timing and distance, with variety of techniques, to include some advanced (e.g., jumping) kicks.	80% of techniques performed to Intermediate Standard.
	Target	Punches and kicks (using paddles and/or focus mitts) to head and mid-section	Both legs; both hands; contacting target; to include some advanced (e.g., jumping and spinning) kicks.	80% of techniques performed to Intermediate Standard.
	One-step	Instructor's choice; all ages. Starting from long stance, low block. Attacker punches to mid-section.	Simple movements, blocking and counter-attacking. Variety of techniques for 14 years and above.	80% of techniques performed to Intermediate Standard.
	Sport	Contact sparring, at instructor's discretion.	Attacks and counter-attacks to head and body. WTF Competition Rules.	80% of techniques performed to Intermediate Standard.
Self-defence	Wrist & collar grabs	Releases and counter-attacks	Improving understanding of practical applications.	Not applicable for grading.
Power test	15 years plus.	Side kick and/or elbow strike	Correct part of foot or elbow.	Break not essential; power and technique are the primary criteria.
Terminology	See Appendix 1.			

These are the minimum recommendations for 4th Kup.

## 4th KUP to 3rd KUP

LEVEL			TRAINING PERIOD	
Intermediate			Minimum 3 months from start (Instructor's discretion)	
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Taegeuk Oh Jang		The movements and techniques should be performed correctly. Minor errors are acceptable.	80% of techniques performed to Intermediate Standard.
	Taegeuk Sa Jang			
Basics	Stances	L stance	Correct foot positions, posture, balance and stability	80% of techniques performed to Intermediate Standard.
	Blocks	Wedging blocks Combinations of blocks with strikes	Correct start and finish positions; should show accuracy and power.	80% of techniques performed to Intermediate Standard.
	Strikes	Hammer fist; back fist Combinations of blocks with strikes	Correct start and finish positions; should show accuracy and power.	80% of techniques performed to Intermediate Standard.
	Kicking	Reverse hooking (reverse turning) kick	Recognisable start and finish positions; balance and recovery after kick	80% of techniques performed to Intermediate Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Light contact, at instructor's discretion.	Understanding of timing and distance, with variety of techniques, to include some advanced (e.g., jumping) kicks.	80% of techniques performed to Intermediate Standard.
	Target	Punches and kicks (using paddles and/or focus mitts) to head and mid-section	Both legs; both hands; contacting target; to include some advanced (e.g., jumping and spinning) kicks.	80% of techniques performed to Intermediate Standard.
	One-step	Instructor's choice; all ages. Starting from ready stance. Blocking and counter-attacking. Attacker punches to face.	Variety of techniques appropriate to grade. Variety of techniques for 14 years and above.	80% of techniques performed to Intermediate Standard.
	Sport	Contact sparring, at instructor's discretion.	Attacks and counter-attacks to head and body. WTF Competition Rules.	80% of techniques performed to Intermediate Standard.
Self-defence	Wrist & collar grabs	Releases and counter-attacks	Understanding and effective application of techniques.	Not applicable for grading.
Power test	15 years plus	Side kick and/or elbow strike	Correct part of foot or elbow.	Break not essential; power and technique are the primary criteria.
Terminology	See Appendix 1.			

These are the minimum recommendations for 3rd Kup.

## 3rd KUP to 2nd KUP

LEVEL			TRAINING PERIOD	
Advanced			Minimum 3 months from start (Instructor's discretion)	
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Taegeuk Yuk Jang		The movements and techniques should be performed correctly. There should be few or no errors.	80% of techniques performed to Advanced Standard.
	Taegeuk Oh Jang			
Basics	Stances	Crane	Correct foot positions, posture, balance and stability	80% of techniques performed to Advanced Standard.
	Blocks	Palm block Combinations of blocks with strikes	Correct start and finish positions; should show accuracy and power.	80% of techniques performed to Advanced Standard.
	Strikes	Combinations of blocks with strikes	Correct start and finish positions; should show accuracy and power.	80% of techniques performed to Advanced Standard.
	Kicking	360° crescent kick Combination jumping kicks	Recognisable start and finish positions; balance and recovery after kick	80% of techniques performed to Advanced Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Light contact, at instructor's discretion.	Understanding of timing and distance, with variety of techniques, to include some advanced (e.g., jumping) kicks.	80% of techniques performed to Advanced Standard.
	Target	Punches and kicks (using paddles and/or focus mitts) to head and mid-section	Both legs; both hands; contacting target; to include some advanced (e.g., jumping and spinning) kicks.	80% of techniques performed to Advanced Standard.
	One-step	Instructor's choice; all ages. Starting from ready stance. Blocking and counter-attacking. Attacker punches to face.	Variety of techniques appropriate to grade. For all ages.	80% of techniques performed to Advanced Standard.
	Sport	Contact sparring, at instructor's discretion.	Attacks and counter-attacks to head and body. WTF Competition Rules.	80% of techniques performed to Advanced Standard.
Self-defence	Wrist & collar grabs	Releases and counter-attacks	Understanding and effective application of techniques.	Not applicable for grading.
Power test	15 years plus	Side kick and/or elbow strike	Correct part of foot or elbow.	Break not essential; power and technique are the primary criteria.
Terminology	See Appendix 1.			

These are the minimum recommendations for 2nd Kup.

## 2nd KUP to 1st KUP

LEVEL			TRAINING PERIOD	
Advanced			Minimum 6 months from start (Instructor's discretion)	
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Taegeuk Chil Jang		The movements and techniques should be performed correctly. There should be few or no errors.	90% of techniques performed to Advanced Standard.
	Taegeuk Yuk Jang			
Basics	Stances	All stances	Foot positions and posture accurate; balance and stability essential	90% of techniques performed to Advanced Standard.
	Blocks	Scissor block Combinations of blocks with strikes	Correct start and finish positions; should show accuracy and power.	90% of techniques performed to Advanced Standard.
	Strikes	Combinations of blocks with strikes	Correct start and finish positions; should show accuracy and power.	90% of techniques performed to Advanced Standard.
	Kicking	Combinations of kicks	Recognisable start and finish positions; balance and recovery after kick	90% of techniques performed to Advanced Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Light contact, at instructor's discretion.	Understanding of timing and distance, with variety of techniques, to include advanced (e.g., jumping and spinning) kicks.	90% of techniques performed to Advanced Standard.
	Target	Punches and kicks (using paddles and/or focus mitts) to head and mid-section	Both legs; both hands; contacting target; to include advanced (e.g., jumping and spinning) kicks.	90% of techniques performed to Advanced Standard.
	One-step	Instructor's choice; all ages. Starting from ready stance. Blocking and counter-attacking. Attacker punches to face.	Variety of techniques appropriate to grade. For all ages.	90% of techniques performed to Advanced Standard.
	Sport	Contact sparring, at instructor's discretion.	Attacks and counter-attacks to head and body. WTF Competition Rules.	90% of techniques performed to Advanced Standard.
Self-defence	Wrist & collar grabs	Releases and counter-attacks	Understanding and effective application of techniques.	90% of techniques performed to Advanced Standard.
Power test	15 years plus	Side kick and/or elbow strike	Correct part of foot or elbow.	Break not essential; power and technique are the primary criteria.
Terminology	See Appendix 1.			

These are the minimum recommendations for 1st Kup.

# DAN GRADE SYLLABUS



## 1st KUP to 1st DAN/POOM

LEVEL			TRAINING PERIOD	
Advanced			Six months from 1st kup. To be recommended by British Taekwondo-recognised instructor (4th dan or above) or by written confirmation from the MATT.	
GUIDANCE				
Candidate to have participated in at least one seminar held by British Taekwondo Martial Arts Technical Team since their last dan grading.				
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Taegeuk Pal Jang		Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.	90% of techniques performed to Advanced Standard.
	Up to two others			
Basics	Various kicks, blocks and strikes	To be chosen by panel, if required.	Use both hands (for action and reaction) to block and strike. All kicks, strikes and blocks should follow the correct route to target and hit with the correct part of the hand or foot. Your standing foot/feet must be correct.	90% of techniques performed to Advanced Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Performed on the spot, exhibiting varied techniques and speed.	All techniques to relevant targets.	90% of techniques performed to Advanced Standard.
	One-step	Exhibit varied techniques (same on both sides). No take-downs.	Variety of techniques to all relevant targets.	90% of techniques performed to Advanced Standard.
	Sport	Contact sparring.	Attacks and counter-attacks to head and body. WTF Competition Rules.	90% of techniques performed to Advanced Standard.
Self-defence	Wrist & collar grabs	Releases, with locks and strikes to counterattack. You may offer the part you wish to be grabbed but must deal with it quickly.	Understanding and effective application of techniques.	90% of techniques performed to Advanced Standard.
Power test	Senior (i.e., 16 years and over)	Side kick	Correct part of foot.	Power and technique are the primary criteria. Candidate should break the board.
	Junior (i.e., 15 years and younger)	Extra (minimum further two minutes) sport sparring.	Attacks and counter-attacks to head and body. WTF Competition Rules.	90% of techniques performed to Advanced Standard.

These are the minimum recommendations for 1st dan.



## 1st DAN/POOM to 2nd DAN/POOM

LEVEL		TRAINING PERIOD		
Advanced		1 year from 1st Dan. To be recommended by British Taekwondo-recognised instructor (4th dan or above) or by written confirmation from the MATT.		
GUIDANCE				
Candidates must show confidence and good technical ability in all areas of taekwondo. There should be no serious technical errors and no hesitation or uncertainty in performance of techniques. Candidates should show initiative in performing combination techniques. Candidate to have participated in at least one seminar held by the MATT since their last dan grading.				
TECHNICAL CONTENT		TECHNICAL ASSESSMENT		GRADING STANDARD
Poomsae	Koryo	Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.		90% of techniques performed to Advanced Standard.
	Up to two others			
Basics	Various kicks (including jumping)	To be chosen by panel, if required.	All kicks should follow the correct route to target and hit with the correct part of the foot.	90% of techniques performed to Advanced Standard.
Sparring (Appropriate PPE.)	One-for-one kicking	Performed on the spot, exhibiting varied techniques and speed.	All techniques to relevant targets.	90% of techniques performed to Advanced Standard.
	One-step	Exhibit varied techniques (same on both sides). Take-downs essential.	Variety of techniques to all relevant targets.	90% of techniques performed to Advanced Standard.
	Sport	Contact sparring.	Attacks and counter-attacks to head and body. WTF Competition Rules.	90% of techniques performed to Advanced Standard.
Self-defence	Wrist & collar grabs. Bear hug	Attack from front and rear. Releases, with locks, kicks and strikes to counterattack. The attacker decides where to grab.	Understanding and effective application of techniques. Techniques must be practical.	90% of techniques performed to Advanced Standard.
Power test	Senior (i.e., 16 years and over)	Candidate's choice of two techniques (one hand and one foot technique)	The aim is to show proper control of your striking weapon (hitting with the appropriate part of the hand or foot), proper standing foot positions, balance and distance, as well as moving quickly between both techniques.	Power and technique are the primary criteria. Candidate should break the boards.
	Junior (i.e., 15 years and younger)	Extra (minimum further two minutes) sport sparring.	The sparring must demonstrate dynamic, effective techniques.	90% of techniques performed to Advanced Standard.

These are the minimum recommendations for 2nd dan.

## 2nd DAN/POOM to 3rd DAN/POOM

LEVEL		TRAINING PERIOD	
Advanced		2 years from 2nd Dan. To be recommended by British Taekwondo-recognised instructor (4th dan or above) or by written confirmation from the MATT.	
GUIDANCE			
Candidates must show confidence, good technical ability and understanding of the mechanical principles in all areas of taekwondo. Performance in all areas must be dynamic and must show fluidity, variety and imagination. Candidate to have participated in at least one seminar held by the MATT since their last dan grading.			
TECHNICAL CONTENT		TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Keum Gang	Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.	90% of techniques performed to Advanced Standard.
	Up to two others		
Sparring (Appropriate PPE.)	One-for-one kicking	Performed on the spot, exhibiting varied techniques and speed.	All techniques to relevant targets.
	One-step	Exhibit varied techniques (same on both sides). Take-downs essential.	Variety of techniques to all relevant targets.
	Sport	Contact sparring.	Attacks and counter-attacks to head and body. WTF Competition Rules.
Self-defence	Wrist & collar grabs.	Attack from front and rear. Releases, with locks, kicks and strikes to counterattack. The attacker decides where to grab.	Techniques must be practical.
	Against knife attack	Thrust, slash and downward strike.	Techniques must be practical. Attacker must be disarmed.
Power test	Senior (i.e., 16 years and over)	Candidate's choice of two techniques in different directions.	Proper control of your striking weapon (with the appropriate part of the hand or foot), balance and distance, as well as moving continuously between both techniques.
	Junior (i.e., 15 years and younger)	Extra (minimum further two minutes) sport sparring.	The sparring must demonstrate dynamic, effective techniques.

These are the minimum recommendations for 3rd dan.

## 3rd DAN/POOM to 4th DAN/POOM

LEVEL			TRAINING PERIOD	
Advanced			3 years from 3rd Dan	
GUIDANCE				
This rank allows the holder to be a kup grade examiner. Besides having good technical ability, candidates must demonstrate thorough understanding of the mechanics and applications of techniques. At this level, candidates should be involved in teaching taekwondo (although it is not essential that they run their own schools). Candidate to have participated in at least two seminars held by the MATT since their last dan grading.				
TECHNICAL CONTENT			TECHNICAL ASSESSMENT	GRADING STANDARD
Poomsae	Tae Baek		Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.	90% of techniques performed to Advanced Standard.
	Keum Gang			
	Three Tae Geuk Poomsae	Panel's choice from Sa Jang to Pal Jang		
Sparring (Appropriate PPE.)	One-for-one kicking	Performed on the spot, exhibiting varied techniques and speed.	All techniques to relevant targets.	90% of techniques performed to Advanced Standard.
	One-step	Exhibit varied techniques (same on both sides). Take-downs essential.	Variety of techniques to all relevant targets.	90% of techniques performed to Advanced Standard.
	Sport	Contact sparring.	Attacks and counter-attacks to head and body. WTF Competition Rules.	90% of techniques performed to Advanced Standard.
Self-defence	Against knife attack	Free style; thrust only.	Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous.	90% of techniques performed to Advanced Standard.
	Against grabs	Free style.	Attacker must be taken down. Attacker has the choice of how and what to grab.	90% of techniques performed to Advanced Standard.
Power test	Senior (i.e., 16 years and over)	Candidate's choice of two jumping techniques.	Proper control of your striking weapon (with the appropriate part of the hand or foot), balance and distance, as well as moving continuously between both techniques.	Power and technique are the primary criteria. Candidate should break the boards.
	Junior (i.e., 15 years and younger)	Extra (minimum further two minutes) sport sparring.	The sparring must demonstrate dynamic, effective techniques.	90% of techniques performed to Advanced Standard.

These are the minimum recommendations for 4th dan.

## 4th DAN/POOM to 5th DAN

LEVEL		TRAINING PERIOD		
Advanced		4 years from 4th Dan		
THESIS				
No thesis required.				
GUIDANCE				
This rank confers the title of ' <i>Master</i> ', which carries with it a degree of prestige and responsibility in the eyes of both the public and the taekwondo community. It therefore involves more than technical ability. Candidates must therefore display a dignified, mature attitude in their personal behaviour and technical performance. Candidates should also be actively and constructively contributing to the development of taekwondo within British Taekwondo through their clubs. Candidate to have participated in at least two seminars held by the MATT since their last dan grading.				
TECHNICAL CONTENT		TECHNICAL ASSESSMENT	GRADING STANDARD	
Poomsae	Pyong Won	Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.	90% of techniques performed to Advanced Standard.	
	Tae Baek			
	Keum Gang			
Sparring (Appropriate PPE.)	One-step	Exhibit varied techniques (same on both sides). Take-downs essential.	Variety of techniques to all relevant targets.	90% of techniques performed to Advanced Standard.
	Sport	Contact sparring.	Attacks and counter-attacks to head and body. WTF Competition Rules.	90% of techniques performed to Advanced Standard.
Self-defence	Against knife attack	Free style; thrust only.	Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous.	90% of techniques performed to Advanced Standard.
	Against grabs	Free style.	Attacker must be taken down. Attacker has the choice of how and what to grab.	90% of techniques performed to Advanced Standard.
Power test	Three-directional; candidate's choice	Candidate's choice of three techniques.	Proper control of your striking weapon (with the appropriate part of the hand or foot), balance and distance, as well as moving continuously between both techniques.	Power and technique are the primary criteria. Candidate should break the boards.

These are the minimum recommendations for 5th dan.

## 5th DAN to 6th DAN

LEVEL		TRAINING PERIOD				
Advanced		5 years since 5th Dan				
STATEMENT & THESIS						
<p>Due to the high status and responsibility that this position imposes on a successful candidate, the candidate must submit a written statement that details their personal future ambitions within British Taekwondo and the WTF. The statement should clearly demonstrate the philosophical ideals, commitment and dedication that is expected of such a position. The statement should reflect the candidate's plans or ambitions for this.</p> <p>The applicant of 6th Dan or higher Dan has to submit his or her own writing thesis along with an application. Size of the thesis: at least 10 A4-sized (one A4-size = 700 characters) pages in Korean or English.</p>						
GUIDANCE						
Candidate to have participated in at least two seminars held by the MATT since their last dan grading.						
TECHNICAL CONTENT		TECHNICAL ASSESSMENT		GRADING STANDARD		
Poomsae	Ji Tae	Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.		90% of techniques performed to Advanced Standard.		
	Sip Jin					
	Pyong Won					
Sparring (Appropriate PPE.)	One-step	Exhibit varied techniques including take-downs.	Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.		90% of techniques performed to Advanced Standard.	
	Against knife attack	Free style; thrust only.				
Self-defence	Against knife attack	Free style; thrust only.	Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous.		90% of techniques performed to Advanced Standard.	
	Against grabs	Free style.				
Power test	Three-directional; candidate's choice	Candidate's choice of three techniques.	Proper control of your striking weapon (with the appropriate part of the hand or foot), balance and distance, as well as moving continuously between both techniques.		Power and technique are the primary criteria. Candidate should break the boards.	

These are the minimum recommendations for 6th dan.

## 6th DAN to 7th DAN

LEVEL		TRAINING PERIOD			
Advanced Master grade		6 years since 6th Dan			
STATEMENT & THESIS					
<p>Due to the high status and responsibility that this position imposes on a successful candidate, the candidate must submit a written statement that details their personal future ambitions within British Taekwondo and the WTF. The statement should clearly demonstrate the philosophical ideals, commitment and dedication that is expected of such a position. The statement should reflect the candidate's plans or ambitions for this.</p> <p>The applicant of 6th Dan or higher Dan has to submit his or her own writing thesis along with an application. Size of the thesis: at least 10 A4-sized (one A4-size = 700 characters) pages in Korean or English.</p>					
GUIDANCE					
Candidate to have participated in at least two seminars held by the MATT since their last dan grading.					
TECHNICAL CONTENT		TECHNICAL ASSESSMENT		GRADING STANDARD	
Poomsae	Chon Kwon	Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.		90% of techniques performed to Advanced Standard.	
	Ji Tae				
	Sip Jin				
Sparring (Appropriate PPE.)	One-step	Exhibit varied techniques including take-downs.	Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit.	90% of techniques performed to Advanced Standard.	
Self-defence	Against knife attack and/or baton	Free style; thrust only for knife.	Attacker must be disarmed. The aim is to show control of the knife or baton by means of blocks, locks, strikes and take-downs. Attacks are continuous.	90% of techniques performed to Advanced Standard.	
	Against grabs	Free style.	Attacker must be taken down. Attacker has the choice of how and what to grab.	90% of techniques performed to Advanced Standard.	
	Seated self-defence	While remaining seated, defend against hand, knife and baton attacks from a seated opponent. Defender may then move or stand to counter-attack.		90% of techniques performed to Advanced Standard.	
Power test	Candidate's choice	Materials to be chosen and provided in advance by candidate, and approved by MATT.	Elements of difficulty and variety of techniques.	Power and technique are the primary criteria. Candidate should break the boards.	

These are the minimum recommendations for 7th dan.



## 7th DAN to 8th DAN

8<sup>th</sup> Dan grading cannot be held in UK. The test needs to be conducted in Korea.

## Appendix 1: Terminology

### 9th kup

Instructor	<i>Sabum</i> (addressed as 'sabum nim')
Uniform	<i>Dobok</i>
Start	<i>Shijak</i>
Stop	<i>Geuman</i>
Return to start	<i>Baro</i>
Turn around	<i>Dwiro dora</i>
Training hall	<i>Do jang</i>
Belt	<i>Tee</i>
Attention	<i>Charyot</i>
Bow	<i>Kyong ye</i>
Ready	<i>Joonbi</i>
Thank you	<i>Gamsa hamni da</i>
Stance	<i>Sogi</i>
Long stance (=front stance)	<i>Apkoobi sogi</i>
Back stance	<i>Dwitkoobi sogi</i>
Walking stance (=short stance)	<i>Ap sogi</i>
Horse riding stance	<i>Joochoom sogi</i>
Block	<i>Makki</i>
Low block	<i>Arae makki</i>
Middle block	<i>Momtong makki</i>
Inside to outside middle block	<i>Bakat momtong makki</i>
Punch	<i>Jireugi</i>
Kick	<i>Chagi</i>
Front kick	<i>Ap chagi</i>
Crescent kick (outside to inside and inside to outside);	<i>An chagi/bakat chagi</i>
Half turning kick	<i>Bit chagi</i>
Front rising kick	<i>Ap cha olligi</i>

### 8th kup

One	<i>Hana</i>
Two	<i>Dool</i>
Three	<i>Set</i>
Four	<i>Net</i>
Five	<i>Dasut</i>
Six	<i>Yosut</i>
Seven	<i>Ilgop</i>
Eight	<i>Yodul</i>
Nine	<i>Ahop</i>
Ten	<i>Yul</i>
Pattern	<i>Poomsae</i>
Guarding block	<i>Goduro makki</i>
Head block	<i>Ulgol makki</i>
Outside to inside middle block	<i>An momtong makki</i>
Side kick	<i>Yop chagi</i>
Axe kick (chop kick)	<i>Chiko chagi</i> (also called <i>naeryo chagi</i> )

## 7th kup

Inside to outside knife hand block	<i>Sonnal momtong bakkat makki</i>
Twin knife-hand guarding block	<i>Son-nal goduro makki</i>
Outside to inside knife hand strike	<i>Bakat son-nal chigi</i>
Inside to outside knife hand strike	<i>An son-nal chigi</i>
Pushing kick	<i>Miro chagi</i>
Half turning kick	<i>Bit chagi</i>
Skipping half-turning kick	<i>Cha jun bal bit chagi</i>
Twisting kick	<i>Bitur-ro chagi</i>
Head block	<i>Olgool makki</i>
Front punch	<i>Ap jireugi</i>
Reverse punch	<i>Bandae jireugi</i>

Our club is a member of British Taekwondo which is part of the World Taekwondo Federation (WTF).

The WTF headquarters are situated in Seoul, Korea.

The President of the WTF is Dr Choue Chong-Won.

## 6th kup

Arm	<i>Pal</i>
Hand	<i>Son</i>
Leg	<i>Dari</i>
Foot	<i>Bal</i>
Knife hand	<i>Son-nal</i>
Low cross block	<i>Otgeuro area makki</i>
High cross block	<i>Otgeuro ulgol makki</i>
Thrust	<i>Chirugi</i>
Spear finger thrust	<i>Peon sonkut chirugi</i>
Back kick	<i>Dwit chagi</i>
Double front kick	<i>Doo-bal ap chagi</i>
Double half-turning kick	<i>Doo-bal bit chagi</i>

### Tenets of taekwondo

Etiquette  
Modesty  
Perseverance  
Self-Control  
Indomitable Spirit

## 5th kup

Left	<i>Wen</i>
Right	<i>Oreun</i>
Fist	<i>Joomok</i>
Easy stance	<i>Pyonhi sogi</i>
Attention stance	<i>Charyot sogi</i>
Parallel ready stance	<i>Naranhi junbi sogi</i>
Cross stance	<i>Koa sogi</i>
Elbow strike	<i>Palkup chigi</i>
Turning kick	<i>Dollyo chagi</i>
Front turning kick	<i>Ap dollyo chago</i>
Spinning kick	<i>Twio Mom-dollyo chagi</i>
360° half-turning kick	<i>360° mom-dollyo bit chagi</i>
Hook kick	<i>Ap huryo chagi</i>

### Taekwondo oath

I do solemnly promise to:

- Abide by the rules and regulations of the taekwondo association.
- Strive always to be modest, courteous and respectful to all members, in particular to my seniors.
- Put the art to use only in self-defence or in defence of the weak.

## 4th kup

Forearm/wrist  
Palm heel  
Punch  
Tiger stance  
Palm heel  
Reverse crescent kick  
Jumping front kick

*Palmok*  
*Batang son*  
*Jireugi*  
*Bom sogi*  
*Batang son*  
*Bandae bakat chagi*  
*Twio ap chagi*

## 3rd kup

L stance  
Wedging block  
Back-fist  
Hammer-fist  
Ridge-hand  
Side punch  
Hook (turning) punch  
Pushing kick  
Reverse hook kick (reverse turning kick)  
Back side kick (reverse side kick)

*Wen sogi & oreun sogi* (literally 'left stance' and 'right stance')  
*Hechyo makki*  
*Deung joomok*  
*Mee joomok*  
*Son-nal deung*  
*Yop jireugi*  
*Dollyo jireugi*  
*Miro chagi*  
*Bandae dollyo chagi* (also *dwit huryo chagi*)  
*Dwi dolla yop chagi*

## 2nd kup

Crane stance  
360° crescent kick  
Twisting kick  
Ball of foot  
Foot sword

*Haktari sogi*  
*360° mom-dollyo an chagi*  
*Bituro chagi*  
*Apchook*  
*Balnal*

## 1st kup

Tiger stance  
Scissor block  
Wedging block  
Jumping front kick  
Jumping side kick  
Jumping turning kick

*Bom sogi*  
*Gawi makki*  
*Hechyo makki*  
*Twio ap chagi*  
*Twio yop chagi*  
*Twio dollyo chagi*

## Appendix 2: Poomsae

Name of Poomsae		Number of Movements	Meaning
Tae Geuk Il Jang	Tae Geuk 1	18	Heaven and light
Tae Geuk Ee Jang	Tae Geuk 2	18	Joyfulness
Tae Geuk Sam Jang	Tae Geuk 3	20	Fire and sun
Tae Geuk Sa Jang	Tae Geuk 4	20	Thunder
Tae Geuk Oh Jang	Tae Geuk 5	20	Wind
Tae Geuk Yuk Jang	Tae Geuk 6	19	Water
Tae Geuk Chil Jang	Tae Geuk 7	25	Mountain
Tae Geuk Pal Jang	Tae Geuk 8	27	Earth
Koryo		30	Ancient Korean dynasty. Shape of poomsae represents the character for a learned man.
Keumgang		27	Diamond, symbolising hardness. Named after Mount Keumgang. Shape of pattern and mountain block represent the Chinese character for 'mountain' (山).
Taebaek		26	Lightness. Nation of Taebaek contains Mount Baekdoo, Korea's largest mountain.
Pyongwon		21	Vast plain. Suggests size and majesty.
Sipjin		28	Decimal. Represents the ten symbols of longevity to suggest endless development and growth.
Jitae		24	Earth, from which everything is born.
Chonkwon		26	Sky. Large circular movements to emphasise the greatness of the Heavens.
Hansoo		27	Water, to suggest fluidity and adaptability.
Ilyo		23	Oneness (of body and mind)

## Resources

Ipkil Kang & Namjung Song (2008) *The Explanation of Official Taekwondo Poomsae* (Publ. Korean Book Service; ISBN 978-8991237247)

Kukkiwon (Ed.) (2012) *Kukkiwon Taekwondo Textbook* (Publ. Korean Book Service; ISBN 978-8973367504)

<http://www.dartfish.tv/britishtaekwondo>

[http://www.wtf.org/wtf\\_eng/site/about\\_taekwondo/poomsae.html](http://www.wtf.org/wtf_eng/site/about_taekwondo/poomsae.html)