



Schembri's Taekwondo & Self Defence Grading Syllabus – Junior Cho Dan Bo

All students must complete a minimum of 6 months consistent training since last grading prior to attempting the Cho Dan Bo level

FORMWORK

Taeguk 1-8

KORYO

HANBON KYORUGI / STEP SPARRING - HAND TECHNIQUES

Defender must use required technique along with 3 additional Hand Techniques. A Block is counted as a technique.

Attack in Front Stance

1. Right Body Punch
2. Left Body Punch
3. Right Face Punch
4. Left Face Punch

Defence

- Double Knife Hand Block / Spear Hand
- Inside Block / Palm Strike
- Elbow / Back Fist
- Minor Block / Knife Hand Strike / Reverse Knife Hand Strike

HANBON KYORUGI / STEP SPARRING - KICKING TECHNIQUES

Defender must use required techniques along with 2 additional Kicking Techniques

Attack

1. Right Body Punch
2. Right Face Punch
3. Right Front Kick
4. Right Side Kick
5. Right Roundhouse Kick

Defence

- Jumping Front Kick
- Continuous front / Round House Kick
- Jumping Turning Back Kick
- Spinning Heal Kick
- Spinning Crescent Kick

HOSHINSUL / SELF DEFENCE

- | | |
|-------------------|----------------------|
| 1. Belt Front | 6. Full Nelson |
| 2. Underarm Front | 7. Under Arms Behind |
| 3. Throat Front | 8. Shoulder Side |
| 4. Both Lapels | 9. Throat Back |
| 5. Headlock | 10. Over Arm Behind |

KNIFE ATTACK

1. Knife Attack Under
2. Knife Attack Slashing Across
3. Knife Attack Front Chest

CLUB ATTACK

1. Over Head
2. Swinging Across the Body

SPARRING 4-5 Rounds (light contact)

GENERAL TERMINOLOGY

From all previous Grading's

KORYO TERMINOLOGY

(You must show all formwork moves individually and say each move in Korean for Stances and hand / kicking techniques)

BOARD BREAKING - 3 boards (own choice)



Schembri's Taekwondo & Self Defence Grading Syllabus – Senior Cho Dan Bo

All students must complete a minimum of 6 months consistent training since last grading prior to attempting the Cho Dan Bo level

FORMWORK

PALGAE 1 - 8

TAEGUK 1 - 8

KORYO

YAKSOK KYORUGI / STEP SPARRING

Defender must use required technique along with 5 additional Techniques.

A Block is NOT counted as a technique.

Attack in Front Stance

1. Body Punch (Right)
2. Face Punch
3. Front Kick
4. Side Kick
5. Roundhouse Kick

Defence

HOSHINSUL / SELF DEFENCE

Wrist Grabs (3)

1. Single Wrist (L2R) or (R2L)
2. Single Wrist (R2R) or (L2L)
3. Both wrists

Strangle Holds – own choice (2)

1. Throat
2. Throat

Self Defence – own choice (5)

- 1.
- 2.
- 3.
- 4.
- 5.

KNIFE ATTACK

1. Knife Attack Under
2. Knife Attack Slashing Across
3. Knife Attack Front Chest

CLUB ATTACK

1. Over Head
2. Swinging Across the Body

SPARRING

4- 5 Rounds Light Contact Only

TERMINOLOGY

From all previous Gradings

KORYO TERMINOLOGY

You must show all formwork moves individually and say each move in Korean for both Stances and hand/kicking techniques

BOARD BREAKING

4 Boards, own choice (hands/feet)

BASIC TERMINOLOGY

(From all previous Grading's)

Kicking – Chagi

Grading	Korean	English
Y2	An Chagi	Inward kick
Y1, Y2, R1	Ap Chagi	Front Kick
Y2	Bakgat Chagi	Outward kick
B1	Bituro Chagi	Twist kick
B1,R1, R2	Ddio Chagi	Jumping kick
Y1, Y3,B1, B2, R1	Dit Chagi	Back kick
Y1, Y2, R1	Dolyo Chagi	Roundhouse kick
Y3, R2	Godup Chagi	Continuous kick
R3,	Godup Yop Chagi	Continuous side kick
B1	Gong Jung Yonsok	Jumping continuous kick
R2	Gullo Chagi	Running kick
B2, R1	Huryo Chagi	Spinning kick
Y1, Y2, R1	Yop Chagi	Side kick

Stance –Sogi

Grading	Korean	English
Y1, B3	Ap Gubi	Front Stance
R3	Ap Sohi	Short Front stance
B2, B3	Bom Sogi	Cat stance
Y3, B2, B3	Dit Gubi	Back stance
B3	Hakdari Sogi	Crane stance
Y1	Juchum Sogi	Horse riding stance

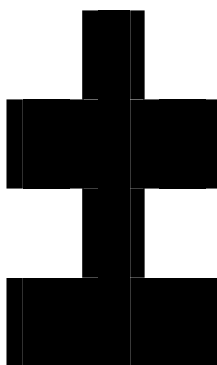
Hand techniques

Grading	Korean	English
R2	Batangson	Palm strike
R2	Dung Jumok	Back fist
R2, R3	Jumok	Fist
R2	Me Jumok	Hammer Fist
R1	Momtong Jirugi	Body Punch
R3	Olgul Dung Jumok	Back Fist Strike to Face
R1, R2	Olgul Jirugi	Face Punch
R3	Orun Palgub Yop Chigi	Right Elbow Side Strike
R2	Pyon Songut	Spear hand
R2	Sonnal	Knife hand
Y3	Sonnal Chigi	Knife Hand Strike

Blocking –Makgi

Grading	Korean	English
R1	An Makgi	Inside block
Y2, R1	Arae Makgi	Low block
R1	Bakgat Makgi	Outside block
R3	Batangson Momtong Makgi	Inward Palm Hand Body Block
B2	Han Sonnal Momtong Makgi	Single Knife Hand Body Block
R1	Momtong Makgi	Body block
B2	Momtong An Makgi	Inside Body Block
Y2, R1	Olgul Makgi	Upper block

KYRYO



çLeft

è Right

é Moving & Facing Front

ê Moving & Facing Back

Direction	Movement	Stance	Korean
é	Start	Start	Naranni Sogi – Tong Milgi Junbi Sogi
ç	Double middle knife	Back	Dit Gubi, Sonnal Montong Makgi
ç	Right leg Continuous side kick (knee/middle)	<i>kicking</i>	(Orun) Godup Yop chagi
ç	Right Outer knife hand to neck (<i>straight arm</i>), Left middle punch	Front	Ap Gubi (Orun) Sonnal Bakgat Mok Chigi (Wen) Momtong Jirugi
ç	<i>Pull front leg back</i> Right Inside body block	Back	Dit Gubi (Orun) Montong Makgi
è	180 degree turn Double middle knife	Back	Dit Gubi Sonnal Montong Makgi
è	Left leg Continuous side kick (<i>knee/middle</i>)	<i>kicking</i>	(Wen) Godup Yop Chagi
è	Left Outer knife hand to neck (<i>straight arm</i>), Right middle punch	Front	Ap Gubi (Wen) Sonnal Bakgat Mok Chigi (Orun) Momtong Jirugi
è	Pull front leg back Left Inside body block	Back	Dit Gubi (Wen) Montong Makgi
é	90 degree turn to front Left low knife block, Right Kaljobi	Front	Ap Gubi (Wen) Han Sonnal Arae Makgi (Orun) Kal Jaebi,
é	Right front kick Right low knife block,	Front	(Orun) Ap Chagi Ap Gubi

	Left Kal Jaebi,		(Orun) Han Sonnal Arae Makgi
é	Left kick Left low knife block, Right Kal Jaebi, KIAP	Front	(Wen) Kal Jaebi, (Wen) Ap Chagi Ap Gubi (Wen) Han Sonnal Arae Makgi (Orun) Kal Jaebi, KIAP
é	Right kick Left Knee strike kaljobi (<i>right hand scoop</i>)	<i>Kicking / Front</i>	(Orun) Ap Chagi Ap Gubi Murup Gokgi
ê	180 degree turn on left foot Inner middle section wedge block	Front	Ap Gubi An Palmok Montong Hechyo Makgi
ê	Left front kick Right Knee strike kaljobi (<i>left hand scoop</i>)	<i>Kicking / Front</i>	(Wen) Ap Chagi Murup Gokgi
ê	Slide front foot (L) back Inner middle section wedge block	Short	Ap Gubi An Palmok Montong Hechyo Makgi
ç	Pivot on left foot 180 degree right Left middle knife hand, Right punch into palm of left hand.	Horse riding	Juchum Sogi Han Sonnal Montong Yop Makgi Pyojok Jirugi
ç	<i>Step right foot over left</i> , Left side kick	<i>kicking</i>	Ap Goa Sogi Yop Chagi
è	Left spear hand to groin, Right hand upward palm to shoulder.	Front	Ap Gubi. Pyon Songut Jaechyo Djirugi
è	Slide front foot (R) back Right low block	Short	Short gubi Arae Makgi
è	<i>Left step</i> , Left palm block	Short	Short gubi Batangson Nullo Makgi
è	Pivot on left foot bring right foot into HRS Right elbow	Horseriding	Juchum Sogi Palgub Yop Chigi
è	Right middle knife hand Left punch into palm of left hand.	Horseriding	Han Sonnal Montong Yop Makgi Pyojok Jirugi
è	<i>Step left foot over right</i> Right side kick	<i>kicking</i>	Goa sozi Yop chagi
ç	Right spear hand to groin, Left hand upward palm to shoulder.	Front	Ap gubi Pyon songut Jaechyo Djirugi
ç	Slide front foot (L) back	Short	Short gubi

	Left short low block		Arae Makgi
ç	<i>Right step</i> , Right palm block	Short	Short gubi Batangson Nullo Makgi
ç	Pivot on right foot bring left foot into HRS Left elbow	Horseriding	Jucjum Sogi Palgub Yop Chigi
é	Moving Left foot to Right Arc hand starting from above head, out to shoulders, start closing left hand into fist. <i>Outside of fist meets open palm</i>	Feet together	Moa Sogi Me jumok Arae Pyojok Chigi
ê	<i>Pivot 180 degree on Right foot</i> Left outer knife hand strike Left low knife block	Front	Ap Gubi Sonnal Bakgat Mok Chigi Han Sonnal Arae Makgi
ê	Right knife hand strike Right low knife block	Front	Ap Gubi Sonnal Mok An Chigi Han Sonnal Arae Makgi
ê	Left knife hand strike Left low knife block	Front	Ap Gubi Sonnal Mok An Chigi Han Sonnal Arae Makgi
ê	Right Kaljobi KIAP	Front	Ap Gubi Kal Jaebi (Gihap)
é	<i>180 degree</i> Return to ready position	Start	Guman