

WEIWU TAEKWONDO BEYOND BLACK BELT

Taekwondo as a martial art is a life-long journey of self-improvement and development.

The Black Belt is a symbol of excellence, not a symbol of destination. Getting a Black Belt is not the purpose of training. Being a Black Belt is the natural consequence of years of sweat, effort and determination that continue in all aspects of life. A new Black Belt signifies a good understanding of fundamental concepts and ability but has not yet perfected their skills.

Learning curve in Taekwondo is very steep at the beginning, with many new exercises and techniques. It can be very fascinating, something new at every training, but also overwhelming. Then gradually things become repetitive for Black Belts as more focus is put on perfecting techniques.

We place great emphasis on the development of our Black Belts. Self-improvement is a never-ending journey, and being a Black Belt is about continuous learning and development. Whether you are passionate about teaching Taekwondo or want to continue to develop your own skills, our **Beyond Black Belt Program** can help you towards your goals.

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This document is subject to change as we continually review and improve our Beyond Black Belt Program.

Beyond Black Belt achievements
weiwutkd.com.au/beyondbb-1

WEIWU TAEKWONDO – BEYOND BLACK BELT

I. HIGHER DAN | POOM | LEVEL GRADING

Higher Dan | Poom | Level Grading is for Black Belts who demonstrate ongoing commitment to training, self-improvement and development.

CRITERIA

1. Minimum Time Limit

Kukkiwon sets out minimum time limit between each Dan | Poom Grading that is required to achieve the minimum standard with regular and continuous training. The number of years increases with each Dan | Poom rank. At Higher Dan | Poom, there is also minimum age limit.

Kukkiwon's minimum time limit is based on Korea's average training of 5-6 times a week. Here, as majority train twice weekly, additional time limit is added to take into consideration less trainings per week.

2. Minimum Training Attendance

Without sufficient training, meeting minimum time limit does not automatically qualify for Higher Dan | Poom Grading.

3. Minimum Age

Higher Dan | Poom rank represents level of expertise, knowledge and seniority. From 12 years old, Black Belts are better balanced in terms of social and mental maturity, physical abilities and social skills to hold a 2nd Dan | Poom rank and higher.

Level Grading I & II : **10 years old & above**

2nd Dan | Poom (Level Grading III) : **12 years old & above**

4. Class | Grading Assistance

Leadership skill is an important attribute for Black Belts. To grade to Higher Dan | Poom | Level, Black Belt must demonstrate Leaderships skills through class and grading assistance.

Black Belt Level Grading

Unlike progression from White to 1st Dan | Poom Black Belt where you are tested on knowledge of skills and techniques, progression to Higher Dan | Poom | Level is about mastery of skills achieved through years of training.

Kukkiwon sets out minimum time limit between each Dan | Poom Grading that is required to achieve the minimum standard with regular training. This time limit requirement reinforces the fact that it will take years of training for Black Belts to master their skills for each Dan | Poom rank.

As there is significant time between each Dan | Poom rank, it can be difficult for Black Belts to stay motivated and on track. Structured Level Grading in between each Dan | Poom Grading aims to assist Black Belts to stay on track towards Higher Dan | Poom Grading.

Higher Dan | Poom Grading fees are high and increases with each Dan | Poom level in line with Kukkiwon certification and higher accreditation requirements for examining instructors. With Level Grading, the Higher Dan | Poom Grading fees are split across the Level Grading instead of one high fee at one go.

Black Belt is about self-improvement, and it is up to Black Belts to set your individual goals and work towards them. Black Belts are expected to manage grading preparations on your own.

Level Grading are held every 6 months in June & November. There are 3 Level Grading for 1st to 2nd Dan | Poom and 5 Level Grading for 2nd to 3rd Dan | Poom.

Meeting minimum Time Limit and Training Attendance criteria does not mean that you are automatically ready to grade. You must display good mastery of all techniques and understand the syllabus well. Black Belts should only grade when ready.

There is **NO RETEST** for Higher Dan | Poom | Level Grading. If you do not pass Higher Dan | Poom | Level Grading, you will regrade at the next Grading.

KUKKIWON CHART

Poom Dan	Division	Minimum time Required for promotion	Age limits for promotion		Application of 'Time' & 'Age'
			Start from 'Dan'	Start from 'Poom'	
1 poom		Non	Non	Less than 15 years old	● 1,2,3 Poom holder, being 15 years of age or above, is the same grade of Dan holder. Also can have the Dan Certificates when they want to change their Poom certificates.
1→2 poom		1 year	Non	Less than 15 years old	
2→3 poom		2 years	Non	Less than 15 years old	
3→4 poom		3 years	Non	Less than 18 years old	
1 Dan		Non	15 years and above	Non	● One who started from Poom may have the privilege of test application with shortened time limits until 5th Dan promotion.
1→2 Dan		1 year	16 years and above	15 years and above	
2→3 Dan		2 years	18 years and above	15 years and above	
3→4 Dan		3 years	21 years and above	18 years and above	
4→5 Dan		4 years	25 years and above	22 years and above	● All applicants should have passed the minimum time and age required for promotion
5→6 Dan		5 years	30 years and above	30 years and above	
6→7 Dan		6 years	36 years and above	36 years and above	
7→8 Dan		7 years	44 years and above	44 years and above	
8→9 Dan		8 years	53 years and above	53 years and above	

WEIWU TAEKWONDO – BEYOND BLACK BELT

I. HIGHER DAN | POOM | LEVEL GRADING (CONTINUE)

SUMMARY OF CRITERIA

Criteria	Minimum Age	Minimum Time Limit	Minimum Training Attendance	Minimum Class Assistance	Minimum Grading Assistance
1 st Dan Poom to LVL I	10 years old	*	Last 6 months : 85% attendance	15 hours	1 grading for minimum 2 hours
LVL I to LVL II	10 years old	6 months	Last 6 months : 85% attendance	15 hours	1 grading for minimum 2 hours
LVL II to 2 nd Dan LVL III	12 years old	6 months	Last 6 months: 85% attendance AND 18 months active training from 1 st Dan Poom	15 hours	1 grading for minimum 2 hours
LVL III to LVL IV	-	6 months	Last 6 months : 85% attendance	15 hours	1 grading for minimum 2 hours
LVL IV to LVL V	-	6 months	Last 6 months : 85% attendance	15 hours	1 grading for minimum 2 hours
LVL V to LVL VI	-	6 months	Last 6 months : 85% attendance	15 hours	1 grading for minimum 2 hours
LVL VI to LVL VII	-	6 months	Last 6 months : 85% attendance	15 hours	1 grading for minimum 2 hours
LVL VII to 3 rd Dan LVL VIII	-	6 months	Last 6 months : 85% attendance AND 30 months active training ^ from 2 nd Dan Poom	15 hours	1 grading for minimum 2 hours

* LEVEL I GRADING

As 1st Dan | Poom Grading are held every 3 months, and Level Gradings are held every 6 months, the minimum time limit will vary depending on when you grade.

1 st Dan Poom Grading Date	Kukkiwon Approval Date (usually 2 months)	Level I (earliest date)
March	May	June (next year)
June	August	June (next year)
September	November	November (next year)
November	January	November (same year)

^ Active Training : excludes absences | membership hold

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS

LEVEL GRADING I

SKILLS MASTERY I

POOMSAE

Basic Pattern

Taegeuk 1

Taegeuk 2

BLOCKING TECHNIQUE

Low Block

Body Block

Minor Outside Body Block

Outside Body Block

STRIKING TECHNIQUE

Body Punch

Face Punch

Spear Hand Strike

High Spear Hand Strike

KICKING TECHNIQUE

Front Kick

HAND TECHNIQUES IN KOREAN - STRIKES

Back Stance Side Punch (Yop Jireugi)

Back Stance Outside Face Strike (Olgul Bakkat Chigi)

Back Stance Diamond Side Punch (Geumgang Yop Jireugi)

Front Stance Spring Up Punch (Sosum Jireugi)

Front Stance Fork Punch (Chetdari Jireugi)

Front Stance Diamond Front Punch (Geumgang Ap Jireugi)

Front Stance Supported Knife Grip (Geodeureo Kaljaebi)

Front Stance Pulling Chin Strike (Dankyo Tteok Chigi)

Front Stance Hammer Target Strike (Me Jumeok Pyojeok Chigi)

Front Stance Supported Spear Hand Strike (Sonkkeut Sewo Tzireugi)

Front Stance Low Block & Body Punch (Arae Makki & Momtong Jireugi)

Horse Riding Stance Side Elbow Strike (Palgup Yop Chigi)

Rear Cross Stance Yoke Strike (Meongye Chigi)

Rear Cross Stance Supported Back Fist Strike (Deung Jumeok Geodeureo Ap Chigi)

COMBINATION KICKING TECHNIQUES

Swinging Kick - One Outward, One Inward

Front Kick, Axe Kick

Front Kick, Side Kick

Repeating Side Kick

Side Kick, Hook Kick

Repeating Roundhouse Kick

Roundhouse Kick, Hook Kick

Roundhouse Kick, Side Kick

Roundhouse Kick, Axe Kick

Hook Kick, Roundhouse Kick

Any Combination Kicks as decided by Examiner

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand

Grab Wrist Left Hand to Right Hand

Grab Both Hands Right & Left

Grab One Wrist Using Both Hands

Forward Wrist Lock

Reverse Wrist Lock

Arm Lock

Grab Hair Front Attack

Strangle Front Attack

Over the Arm Front Attack

Under the Arm Front Attack

Grab Hair Back Attack

Strangle Back Attack

Over the Arm Back Attack

Under the Arm Back Attack

Knife Attack to Body 1

Knife Attack to Body 2

Knife Attack to Body 3

Club Attack to Face 1

Club Attack to Face 2

Club Attack to Face 3

Advanced Hand Grabbing 1

Advanced Hand Grabbing 2

Advanced Hand Grabbing 3

Advanced Hand Grabbing 4

Advanced Collar Grabbing 1

Advanced Collar Grabbing 2

2-STEP COMBINATION EXERCISES

Left Hand Punch, Right Leg Front Kick

Right Hand Punch, Left Leg Front Kick

Body Punch and Roundhouse Kick

Face Punch and Side Kick

COMBINATION DRILLS

Right Leg Back, Back Stance, Supported Outside Body Block

Step Forward, Walking Stance, Low Block, Counter Punch,

Body Block

Step Forward, Front Stance, Face Block, Pull Back, Cat

Stance, Low Cross Block

POOMSAE

Basic Pattern to Koryo

FULL CONTACT NO RULES SPARRING

Bring Protective Gear

BOARD BREAKING

Jumping Back Kick

PHYSICAL STRENGTH

10 Push ups

60 Seconds Knuckle Hold

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

LEVEL GRADING II

SKILLS MASTERY II

POOMSAE

Taegeuk 3

BLOCKING TECHNIQUE

Face Block

Knife-Hand Face Block

One Hand Knife-Hand Low Block

One Hand Knife-Hand Body Block

STRIKING TECHNIQUE

Knife-Hand Neck Strike

Reverse Knife-Hand Neck Strike

Palm Strike to the Chin

KICKING TECHNIQUE

Side Kick

HAND TECHNIQUES IN KOREAN - BLOCKS

Front Stance Low Cross Block (Otgoero Arae Makki)

Front Stance High Cross Block (Otgoero Olgul Makki)

Front Stance Low Knife-Hand Cross Block (Sonnal Otgoero Arae Makki)

Front Stance High Knife-Hand Cross Block (Sonnal Otgoero Olgul Makki)

Front Stance Minor Body Twist Block (An Palmok Momtong Bitureo Makki)

Front Stance Palm Body Pressing Block (Batangson Momtong Nullo Makki)

Front Stance Pushing the Rock (Bawimigi)

Back Stance Supported Low Block (Geodeureo Arae Makki)

Back Stance Supported Reverse Knife-Hand Body Block (Sonnal Deung Geodeureo Makki)

Back Stance Single Knife-Hand Mountain Block (Sonnal Oe Santeul Makki)

Back Stance Diamond Minor Outside Body Block (Geumgang An Palmok Momtong Makki)

Horse Riding Stance Supported Side Face Block (Olgul Geodeureo Yop Makki)

HAND TECHNIQUES IN KOREAN – BLOCKS (continue)

Horse Riding Stance Mountain Cleaving Block (Santeul Hecheo Makki)

Crane Stance Diamond Block (Geumgang Makki)

COMBINATION KICKING TECHNIQUES

Swinging Kick - One Outward, One Inward

Front Kick, Axe Kick

Front Kick, Side Kick

Repeating Side Kick

Side Kick, Hook Kick

Repeating Roundhouse Kick

Roundhouse Kick, Hook Kick

Roundhouse Kick, Side Kick

Roundhouse Kick, Axe Kick

Hook Kick, Roundhouse Kick

Any Combination Kicks as decided by Examiner

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand

Grab Wrist Left Hand to Right Hand

Grab Both Hands Right & Left

Grab One Wrist Using Both Hands

Forward Wrist Lock

Reverse Wrist Lock

Arm Lock

Grab Hair Front Attack

Strangle Front Attack

Over the Arm Front Attack

Under the Arm Front Attack

Grab Hair Back Attack

Strangle Back Attack

Over the Arm Back Attack

Under the Arm Back Attack

Knife Attack to Body 1

Knife Attack to Body 2

Knife Attack to Body 3

Club Attack to Face 1

Club Attack to Face 2

Club Attack to Face 3

SELF DEFENCE 1-27 (continue)

Advanced Hand Grabbing 1

Advanced Hand Grabbing 2

Advanced Hand Grabbing 3

Advanced Hand Grabbing 4

Advanced Collar Grabbing 1

Advanced Collar Grabbing 2

2-STEP COMBINATION EXERCISES

Left Hand Punch, Right Leg Front Kick

Right Hand Punch, Left Leg Front Kick

Body Punch and Roundhouse Kick

Face Punch and Side Kick

COMBINATION DRILLS

Right Leg Back, Back Stance, Supported Outside Body Block
Step Forward, Walking Stance, Low Block, Counter Punch, Body Block

Step Forward, Front Stance, Face Block, Pull Back, Cat Stance, Low Cross Block

Front Foot Front Kick

Back Leg Roundhouse Kick and Side Kick (in the air)

Land in Front Stance, Fork Punch, Front Kick

Land in Rear Cross Stance, Back Fist Strike

POOMSAE

Basic Pattern to Koryo

Taegeuk 8 with Korean Terminology

FULL CONTACT NO RULES SPARRING

Bring Protective Gear

BOARD BREAKING

Jumping Turning Roundhouse Kick

PHYSICAL STRENGTH

15 Push ups

90 Seconds Knuckle Hold

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

2ND DAN | POOM - LEVEL GRADING III

SKILLS MASTERY III

POOMSAE

Taegeuk 4

BLOCKING TECHNIQUE

One Hand Knife-Hand Outside Body Block

Knife-Hand Low Block

Knife-Hand Body Block

STRIKING TECHNIQUE

Knife Grip

Back Fist Strike

Side Back Fist Strike

KICKING TECHNIQUE

Roundhouse Kick

COMBINATION HAND TECHNIQUES

Back Stance Knife-Hand Body Block, Knife-Hand Low Block
Back Stance Supported Minor Outside Body Block, Fork
Punch

Back Stance Diamond Minor Outside Body Block, Side
Punch (Circular Motion)

Back Stance Reverse Knife-Hand Body Block, Side Diamond
Punch

Back Stance Single Knife-Hand Mountain Block, Supported
Outside Body Block

Front Stance Low Cross Block, Diamond Punch

Front Stance High Knife-Hand Cross Block, Double Back Fist
Chin Strike

Front Stance Rock Pushing, Fork Punch

Cat Stance Low Knife-Hand Cross Block, Two Fist Inverted
Punch

COMBINATION KICKING TECHNIQUES

Swinging Kick - One Outward, One Inward

Front Kick, Axe Kick

Front Kick, Side Kick

Repeating Side Kick

Side Kick, Hook Kick

COMBINATION KICKING TECHNIQUES (continue)

Repeating Roundhouse Kick

Roundhouse Kick, Hook Kick

Roundhouse Kick, Side Kick

Roundhouse Kick, Axe Kick

Hook Kick, Roundhouse Kick

Any Combination Kicks as decided by Examiner

JUMPING KICKS

Jumping Back Kick

Jumping Turning Crescent Target Kick

Jumping Turning Roundhouse Kick

Advancing Jumping Back Kick

Advancing Jumping Turning Hook Kick

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand

Grab Wrist Left Hand to Right Hand

Grab Both Hands Right & Left

Grab One Wrist Using Both Hands

Forward Wrist Lock

Reverse Wrist Lock

Arm Lock

Grab Hair Front Attack

Strangle Front Attack

Over the Arm Front Attack

Under the Arm Front Attack

Grab Hair Back Attack

Strangle Back Attack

Over the Arm Back Attack

Under the Arm Back Attack

Knife Attack to Body 1

Knife Attack to Body 2

Knife Attack to Body 3

Club Attack to Face 1

Club Attack to Face 2

Club Attack to Face 3

Advanced Hand Grabbing 1

Advanced Hand Grabbing 2

Advanced Hand Grabbing 3

Advanced Hand Grabbing 4

SELF DEFENCE 1-27 (continue)

Advanced Collar Grabbing 1

Advanced Collar Grabbing 2

2-STEP COMBINATION EXERCISES

Left Hand Punch, Right Leg Front Kick

Right Hand Punch, Left Leg Front Kick

Body Punch and Roundhouse Kick

Face Punch and Side Kick

COMBINATION DRILLS

Right Leg Back, Back Stance, Supported Outside Body Block

Step Forward, Walking Stance, Low Block, Counter Punch,
Body Block

Step Forward, Front Stance, Face Block, Pull Back, Cat
Stance, Low Cross Block

Front Foot Front Kick

Back Leg Roundhouse Kick and Side Kick (in the air)

Land in Front Stance, Fork Punch, Front Kick

Land in Rear Cross Stance, Back Fist Strike

Turn Around, Front Stance, Swallow Strike to the Neck

Step Forward, Back Stance, Minor Outside Body Block

Slide Forward, Front Stance, Counter Punch

Back Leg, Jumping Side Kick, Back Kick

Land in Front Stance, Reverse Punch

Step Forward, Turn, Guard Up, Kihap

POOMSAE

Basic Pattern to Koryo

Koryo with Korean Terminology

FULL CONTACT NO RULES SPARRING

Bring Protective Gear

BOARD BREAKING

Combination Kicks

PHYSICAL STRENGTH

20 Push ups

120 Seconds Knuckle Hold

MY TAEKWONDO JOURNEY (minimum 350 words)

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

LEVEL GRADING IV

SKILLS MASTERY IV

POOMSAE

Taegeuk 5

BLOCKING TECHNIQUE

Palm Block

Body Cleaving Block

Minor Body Cleaving Block

STRIKING TECHNIQUE

Hammer Fist Strike

Side Hammer Fist Strike

Side Back Fist Strike

KICKING TECHNIQUE

Axe Kick

COMBINATION HAND TECHNIQUES

Any 2 Combination Hand Techniques in Korean (Colour Belt Syllabus)

COMBINATION KICKING TECHNIQUES

Any 4 Combination Kicks as decided by Examiner

JUMPING KICKS

Jumping Side Kick

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand

Grab Wrist Left Hand to Right Hand

Grab Both Hands Right & Left

Grab One Wrist Using Both Hands

Forward Wrist Lock

Reverse Wrist Lock

Arm Lock

Grab Hair Front Attack

Strangle Front Attack

Over the Arm Front Attack

Under the Arm Front Attack

Grab Hair Back Attack

Strangle Back Attack

Over the Arm Back Attack

Under the Arm Back Attack

Knife Attack to Body 1

Knife Attack to Body 2

Knife Attack to Body 3

Club Attack to Face 1

Club Attack to Face 2

Club Attack to Face 3

Advanced Hand Grabbing 1

Advanced Hand Grabbing 2

Advanced Hand Grabbing 3

Advanced Hand Grabbing 4

Advanced Collar Grabbing 1

Advanced Collar Grabbing 2

3-STEP COMBINATION EXERCISES

Right Hand Body Punch, Left Hand Face Punch, Right Leg Front Kick

Right Hand Turning Elbow Strike, Left Hand Upper Cut, Right Leg Roundhouse Kick to the Face

Any Combination as decided by Examiner

COMBINATION DRILLS

Left Leg Step Forward, Minor Outside Body Twist Block, Counter Punch

Step Forward Horse-Riding Stance, Mountain Cleaving Block

Left Leg Crane Stance (Facing Left) Diamond Block, Right

Leg Side Kick Kihap land with Elbow Target Strike

POOMSAE

Basic Pattern to Geumgang

FULL CONTACT NO RULES SPARRING

Bring Protective Gear

BOARD BREAKING

Power Breaking

PHYSICAL STRENGTH

20 Push ups

120 Seconds Knuckle Hold

TERMINOLOGY

All Terminology (Colour & Black Belt Syllabus) with Demonstration of Techniques

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

LEVEL GRADING V

SKILLS MASTERY V

POOMSAE

Taegeuk 6

BLOCKING TECHNIQUE

Knife-Hand Body Cleaving Block
Reverse Knife-Hand Body Cleaving Block

STRIKING TECHNIQUE

Double Punch
Supported Knife Grip
Supported Spear Hand Strike

KICKING TECHNIQUE

Hook Kick

COMBINATION HAND TECHNIQUES

Any 2 Hand Techniques with Stance Changes in Korean
(Colour belt Syllabus)

COMBINATION KICKING TECHNIQUES

Any 4 Combination Kicks as decided by Examiner

JUMPING KICKS

Two Feet Alternate Front Kick
Running / Jumping Knee Strike

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand
Grab Wrist Left Hand to Right Hand
Grab Both Hands Right & Left
Grab One Wrist Using Both Hands
Forward Wrist Lock
Reverse Wrist Lock
Arm Lock
Grab Hair Front Attack
Strangle Front Attack
Over the Arm Front Attack
Under the Arm Front Attack
Grab Hair Back Attack
Strangle Back Attack
Over the Arm Back Attack
Under the Arm Back Attack
Knife Attack to Body 1
Knife Attack to Body 2
Knife Attack to Body 3
Club Attack to Face 1
Club Attack to Face 2
Club Attack to Face 3
Advanced Hand Grabbing 1
Advanced Hand Grabbing 2
Advanced Hand Grabbing 3
Advanced Hand Grabbing 4
Advanced Collar Grabbing 1
Advanced Collar Grabbing 2

3-STEP COMBINATION EXERCISES

Right Hand Body Punch, Left Hand Face Punch, Right Leg Front Kick
Right Hand Turning Elbow Strike, Left Hand Upper Cut, Right Leg Roundhouse Kick to the Face
Any Combination as decided by Examiner

COMBINATION DRILLS

Left Leg Step Forward, Minor Outside Body Twist Block, Counter Punch
Step Forward Horse-Riding Stance, Mountain Cleaving Block
Left Leg Crane Stance (Facing Left) Diamond Block, Right Leg Side Kick Kihap land with Elbow Target Strike

Turn to the Right with Left Leg, Back Stance Reverse Knife-Hand Body Block, change to Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch
Turn To the Left with Right Leg Back Stance Reverse Knife-Hand Body Block, change the Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch

POOMSAE

Basic Pattern to Geumgang

FULL CONTACT NO RULES SPARRING

Bring Protective Gear

BOARD BREAKING

Power Breaking

PHYSICAL STRENGTH

25 Push ups
130 Seconds Knuckle Hold

TERMINOLOGY

All Terminology (Colour & Black Belt Syllabus) with Demonstration of Techniques

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

LEVEL GRADING VI

SKILLS MASTERY VI

POOMSAE

Taegeuk 7

BLOCKING TECHNIQUE

Supported Outside Body Block
Low Cross Block

STRIKING TECHNIQUE

Two Fists Inverted Punch
Upward Elbow Strike

KICKING TECHNIQUE

Crescent Kick

COMBINATION HAND TECHNIQUES

Any 3 Hand Techniques with Stance Changes in Korean
(Colour belt Syllabus)

COMBINATION KICKING TECHNIQUES

Any 4 Combination Kicks as decided by Examiner

ADVANCED KICKS

Scissors Kick

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand
Grab Wrist Left Hand to Right Hand
Grab Both Hands Right & Left
Grab One Wrist Using Both Hands
Forward Wrist Lock
Reverse Wrist Lock
Arm Lock
Grab Hair Front Attack
Strangle Front Attack
Over the Arm Front Attack
Under the Arm Front Attack
Grab Hair Back Attack
Strangle Back Attack
Over the Arm Back Attack
Under the Arm Back Attack
Knife Attack to Body 1
Knife Attack to Body 2
Knife Attack to Body 3
Club Attack to Face 1
Club Attack to Face 2
Club Attack to Face 3
Advanced Hand Grabbing 1
Advanced Hand Grabbing 2
Advanced Hand Grabbing 3
Advanced Hand Grabbing 4
Advanced Collar Grabbing 1
Advanced Collar Grabbing 2

3-STEP COMBINATION EXERCISES

Right Hand Body Punch, Left Hand Face Punch, Right Leg Front Kick
Right Hand Turning Elbow Strike, Left Hand Upper Cut, Right Leg Roundhouse Kick to the Face
Any Combination as decided by Examiner

COMBINATION DRILLS

Left Leg Step Forward, Minor Outside Body Twist Block, Counter Punch
Step Forward Horse-Riding Stance, Mountain Cleaving Block
Left Leg Crane Stance (Facing Left) Diamond Block, Right Leg Side Kick Kihap land with Elbow Target Strike

Turn to the Right with Left Leg, Back Stance Reverse Knife-Hand Body Block, change to Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch
Turn To the Left with Right Leg Back Stance Reverse Knife-Hand Body Block, change the Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch

Turn to the Back with Left Leg, Front Stance Low Block, step forward, Walking Stance Palm Pressing Block, change to Front Stance Swallow Strike to the Neck
Jumping Side Kick, Double Roundhouse Kick
Turning Back Fist Strike in Front Stance

POOMSAE

Basic Pattern to Geumgang
Taegeuk 8 with Korean Terminology

FULL CONTACT NO RULES SPARRING

Bring Protective Gear

BOARD BREAKING

Power Breaking

PHYSICAL STRENGTH

25 Push ups
130 Seconds Knuckle Hold

TERMINOLOGY

All Terminology (Colour & Black Belt Syllabus) with Demonstration of Techniques

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

LEVEL GRADING VII

SKILLS MASTERY VII

POOMSAE

Taegeuk 8

BLOCKING TECHNIQUE

Scissors Block
Mountain Block
Single Mountain Block

STRIKING TECHNIQUE

Elbow Turning Strike
Elbow Target Strike

KICKING TECHNIQUE

Back Kick
Turning Hook Kick

COMBINATION HAND TECHNIQUES

Any 2 Advanced Hand Techniques with Stance Changes in Korean

COMBINATION KICKING TECHNIQUES

Any 4 Combination Kicks as decided by Examiner

ADVANCED KICKS

Sweeping Kick

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand
Grab Wrist Left Hand to Right Hand
Grab Both Hands Right & Left
Grab One Wrist Using Both Hands
Forward Wrist Lock
Reverse Wrist Lock
Arm Lock
Grab Hair Front Attack
Strangle Front Attack
Over the Arm Front Attack
Under the Arm Front Attack
Grab Hair Back Attack
Strangle Back Attack
Over the Arm Back Attack
Under the Arm Back Attack
Knife Attack to Body 1
Knife Attack to Body 2
Knife Attack to Body 3
Club Attack to Face 1
Club Attack to Face 2
Club Attack to Face 3
Advanced Hand Grabbing 1
Advanced Hand Grabbing 2
Advanced Hand Grabbing 3
Advanced Hand Grabbing 4
Advanced Collar Grabbing 1
Advanced Collar Grabbing 2

3-STEP COMBINATION EXERCISES

Right Hand Body Punch, Left Hand Face Punch, Right Leg Front Kick
Right Hand Turning Elbow Strike, Left Hand Upper Cut, Right Leg Roundhouse Kick to the Face
Any Combination as decided by Examiner

COMBINATION DRILLS

Left Leg Step Forward, Minor Outside Body Twist Block, Counter Punch
Step Forward Horse-Riding Stance, Mountain Cleaving Block
Left Leg Crane Stance (Facing Left) Diamond Block, Right Leg Side Kick Kihap land with Elbow Target Strike

Turn to the Right with Left Leg, Back Stance Reverse Knife-Hand Body Block, change to Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch
Turn To the Left with Right Leg Back Stance Reverse Knife-Hand Body Block, change the Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch

Turn to the Back with Left Leg, Front Stance Low Block, step forward, Walking Stance Palm Pressing Block, change to Front Stance Swallow Strike to the Neck
Jumping Side Kick, Double Roundhouse Kick
Turning Back Fist Strike in Front Stance

Pull back Cat Stance High Knife-Hand Cross Block
Turn To the Front with Right Leg, Front Stance Reverse Upward Elbow Strike, Double Front Kick land in Front Stance Body Block, Double Punch
Pull back into Back Stance Knife-Hand Low Block

POOMSAE

Basic Pattern to Geumgang
Koryo with Korean Terminology
Freestyle Poomsae 30 Seconds

FULL CONTACT NO RULES SPARRING

Bring Protective Gear

BOARD BREAKING

Power Breaking

PHYSICAL STRENGTH

30 Push ups
140 Seconds Knuckle Hold

TERMINOLOGY

All Terminology (Colour & Black Belt Syllabus) with Demonstration of Techniques

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

3RD DAN | POOM - LEVEL GRADING VIII

SKILLS MASTERY VIII

POOMSAE

Koryo

BLOCKING TECHNIQUE

Supported Minor Outside Body Block

Reverse Knife-Hand Body Block

High Knife-Hand Twist Block

STRIKING TECHNIQUE

Swallow Strike to the Neck

Swallow Strike to the Chin

Inverted Spear Hand Groin Strike

KICKING TECHNIQUE

Turning Roundhouse Kick

Turning Crescent Kick

COMBINATION HAND TECHNIQUES

Any 3 Advanced Hand Techniques with Stance Changes in Korean

COMBINATION KICKING TECHNIQUES

Any 4 Combination Kicks as decided by Examiner

ADVANCED | JUMPING KICKS

Jumping Back Kick

Jumping Turning Crescent Target Kick

Jumping Turning Roundhouse Kick

Advancing Jumping Back Kick

Advancing Jumping Turning Hook Kick

Jumping Side Kick

Two Feet Alternate Front Kick

Running / Jumping Knee Strike

Scissors Kick

Sweeping Kick

SELF DEFENCE 1-27

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand

Grab Wrist Left Hand to Right Hand

Grab Both Hands Right & Left

Grab One Wrist Using Both Hands Forward Wrist Lock

Reverse Wrist Lock

Arm Lock

Grab Hair Front Attack

Strangle Front Attack

Over the Arm Front Attack

Under the Arm Front Attack

Grab Hair Back Attack

Strangle Back Attack

Over the Arm Back Attack

Under the Arm Back Attack

Knife Attack to Body 1

Knife Attack to Body 2

Knife Attack to Body 3

Club Attack to Face 1

Club Attack to Face 2

Club Attack to Face 3

Advanced Hand Grabbing 1

Advanced Hand Grabbing 2

Advanced Hand Grabbing 3

Advanced Hand Grabbing 4

Advanced Collar Grabbing 1

Advanced Collar Grabbing 2

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

3RD DAN | POOM - LEVEL GRADING VIII

SELF DEFENCE 1-27 (continue)

Knife Defence
 Improve with surrounding objects
 Collar Grabbing
 Pushing – One Hand Push
 Pushing – Two Hands Push
 Grab Hair Front Attack – Attacker controlling and moving you
 Grab Hair Back Attack – Attacker controlling and moving you
 Strangle Front Attack – Using shoulder movement
 Strangle Back Attack
 Dragging Rear Choke
 Rear Choke Avoidance
 Moving Grab from Back | Abduction attempt
 Punches – Straight, Hook, Upper Cut
 Kicks – Front, Side, Roundhouse
 Throw and Trips
 Head Lock, Guillotine Lock
 Charging Tackle, Attempt Takedown
 Prevent Floor Mount
 Escape from Floor Mount

3-STEP COMBINATION EXERCISES

Right Hand Body Punch, Left Hand Face Punch, Right Leg Front Kick
 Right Hand Turning Elbow Strike, Left Hand Upper Cut, Right Leg Roundhouse Kick to the Face
 Any Combination as decided by Examiner

COMBINATION DRILLS

Left Leg Step Forward, Minor Outside Body Twist Block, Counter Punch
 Step Forward Horse-Riding Stance, Mountain Cleaving Block
 Left Leg Crane Stance (Facing Left) Diamond Block, Right Leg Side Kick Kihap land with Elbow Target Strike

Turn to the Right with Left Leg, Back Stance Reverse Knife-Hand Body Block, change to Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch
 Turn To the Left with Right Leg Back Stance Reverse Knife-Hand Body Block, change the Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch

Turn to the Back with Left Leg, Front Stance Low Block, step forward, Walking Stance Palm Pressing Block, change to Front Stance Swallow Strike to the Neck
 Jumping Side Kick, Double Roundhouse Kick
 Turning Back Fist Strike in Front Stance

Pull back Cat Stance High Knife-Hand Cross Block
 Turn To the Front with Right Leg, Front Stance Reverse Upward Elbow Strike, Double Front Kick land in Front Stance Body Block, Double Punch
 Pull back into back Stance Knife-Hand Low Block

Change to Horse Riding Stance Diamond Side Punch, Jumping Turning Crescent Target Kick, land in Horse Riding Stance Diamond Side Punch
 Step forward Back Stance, Knife-Hand Body Block and Knife-Hand Low Block with circular motion

POOMSAE

Basic Pattern to Geumgang
 Geumgang with Korean Terminology
 Freestyle Poomsae 60-90 Seconds

FULL CONTACT NO RULES SPARRING 2 vs 1

Bring Protective Gear

BOARD BREAKING

Power Breaking
 Jumping Turning Hook Kick

PHYSICAL STRENGTH

35 Push ups
 150 Seconds Knuckle Hold

TERMINOLOGY

All Terminology (Colour & Black Belt Syllabus) with Demonstration of Techniques

MY TAEKWONDO JOURNEY (minimum 350 words)

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

POOMSAE TERMINOLOGY

TAEGEUK 8			KORYO		
	Stance	Poom		Stance	Poom
1	Oreun Dwi Gubi	Geodeureo Bakkat Makki	1	Oreun Dwi Gubi	Sonnal Momtong Makki
2	Wen Ap Gubi	Momtong Baro Jireugi	2	Oreun Ap Gubi	Sonnal Bakkat Chigi
3	Wen Ap Gubi	Momtong Makki Momtong Dubeon Jireugi	3	Oreun Ap Gubi	Momtong Baro Jireugi
4	Oreun Ap Gubi	Momtong Bandae Jireugi	4	Wen Dwi Gubi	Momtong Makki
5	Oreun Ap Gubi	Oe Santeul Makki	5	Wen Dwi Gubi	Sonnal Momtong Makki
6	Wen Ap Gubi	Dankyo Tteok Jireugi	6	Wen Ap Gubi	Sonnal Bakkat Chigi
7	Wen Ap Gubi	Oe Santeul Makki	7	Wen Ap Gubi	Momtong Baro Jireugi
8	Oreun Ap Gubi	Dankyo Tteok Jireugi	8	Oreun Dwi Gubi	Momtong Makki
9	Oreun Dwi Gubi	Sonnal Momtong Makki	9	Wen Ap Gubi	Wen Hannsonl Arae Makki Kaljaebi
10	Wen Ap Gubi	Momtong Baro Jireugi	10	Oreun Ap Gubi	Oreun Hannsonl Arae Makki Kaljaebi
11	Oreun Beom Seogi	Batangson Momtong Makki	11	Wen Ap Gubi	Wen Hannsonl Arae Makki Kaljaebi
12	Wen Beom Seogi	Sonnal Momtong Makki	12	Oreun Ap Gubi	Mureup Kukki
13	Wen Ap Gubi	Momtong Baro Jireugi	13	Oreun Ap Gubi	An Palmok Momtong Hecho Makki
14	Wen Beom Seogi	Batangson Momtong Makki	14	Wen Ap Gubi	Mureup Kukki
15	Oreun Beom Seogi	Sonnal Momtong Makki	15	Wen Ap Seogi	An Palmok Momtong Hecho Makki
16	Oreun Ap Gubi	Momtong Baro Jireugi	16	Juchum Seogi	Wen Hansonnal Momtong Yop Makki
17	Oreun Beom Seogi	Batangson Momtong Makki	17	Juchum Seogi	Oreun Jumeok Pyojeok Jireugi
18	Wen Dwi Gubi	Arae Geodeureo Makki	18	Oreun Ap Gubi	Pyonsonkkeut Jechoe Tzireugi
19	Oreun Ap Gubi	Momtong Dubeon Jireugi	19	Oreun Ap Seogi	Arae Makki
20	Oreun Dwi Gubi	Hansonnal Momtong Bakkat Makki	20	Juchum Seogi	Wen Batangson Nullo Makki Oreun Palgub Yop Chigi
21	Wen Ap Gubi	Oreun Palgub Dollyeo Chigi	21	Juchum Seogi	Oreun Hansonnal Momtong Yop Makki
22	Wen Ap Gubi	Deung Jumeok Chigi	22	Juchum Seogi	Wen Jumeok Pyojeok Jireugi
23	Wen Ap Gubi	Momtong Bandae Jireugi	23	Wen Ap Gubi	Pyonsonkkeut Jechoe Tzireugi
24	Wen Dwi Gubi	Hansonnal Momtong Bakkat Makki	24	Wen Ap Seogi	Arae Makki
25	Oreun Ap Gubi	Wen Palgub Dollyeo Chigi	25	Juchum Seogi	Oreun Batangson Nullo Makki Wen Palgub Yop Chigi
26	Oreun Ap Gubi	Deung Jumeok Chigi	26	Moa Seogi	Wen Me Jumeok Pyojeok Chigi
27	Oreun Ap Gubi	Momtong Bandae Jireugi	27	Wen Ap Gubi	Hansonnal Bakkat Chigi Hansonnal Arae Makki
			28	Oreun Ap Gubi	Oreun Sonnal Mok Chigi Hansonnal Arae Makki
			29	Wen Ap Gubi	Wen Sonnal Mok Chigi Hansonnal Arae Makki
			30	Oreun Ap Gubi	Kaljaebi

WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS (CONTINUE)

POOMSAE TERMINOLOGY

GEUMGANG			TAEBAEK		
	Stance	Poom		Stance	Poom
1	Wen Ap Gubi	An Palmok Momtong Hecho Makki	1	Wen Beom Seogi	Sonnal Arae Hecho Makki
2	Oreun Ap Gubi	Oreun Batangson Tteok Chigi	2	Oreun Ap Gubi	Momtong Dubeon Jireugi
3	Wen Ap Gubi	Wen Batangson Tteok Chigi	3	Oreun Beom Seogi	Sonnal Arae Hecho Makki
4	Oreun Ap Gubi	Oreun Batangson Tteok Chigi	4	Wen Ap Gubi	Momtong Dubeon Jireugi
5	Oreun Dwi Gubi	Wen Hansonnal Momtong Makki	5	Wen Ap Gubi	Jebii Poom Mok Chigi
6	Wen Dwi Gubi	Oreun Hansonnal Momtong Makki	6	Oreun Ap Gubi	Momtong Baro Jireugi
7	Oreun Dwi Gubi	Wen Hansonnal Momtong Makki	7	Wen Ap Gubi	Momtong Baro Jireugi
8	Oreun Hakdari Seogi	Geumgang Makki	8	Oreun Ap Gubi	Momtong Baro Jireugi
9	Juchum Seogi	Keun Doljjeogwi	9	Oreun Dwi Gubi	Geumgang Momtong Makki
10	Juchum Seogi	Keun Doljjeogwi	10	Oreun Dwi Gubi	Dankyo Tteok Jireugi
11	Juchum Seogi	Santeul Makki	11	Oreun Dwi Gubi	Momtong Jireugi
12	Juchum Seogi	An Palmok Momtong Hecho Makki	12	Oreun Hakdari Seogi	Jaguen Doljjeogwi
13	Naranhi Seogi	Arae Hecho Makki	13	Wen Ap Gubi	Palgub Pyojeok Chigi
14	Juchum Seogi	Santeul Makki	14	Wen Dwi Gubi	Geumgang Momtong Makki
15	Wen Hakdari Seogi	Geumgang Makki	15	Wen Dwi Gubi	Dankyo Tteok Jireugi
16	Juchum Seogi	Keun Doljjeogwi	16	Wen Dwi Gubi	Momtong Jireugi
17	Juchum Seogi	Keun Doljjeogwi	17	Wen Hakdari Seogi	Jaguen Doljjeogwi
18	Wen Hakdari Seogi	Geumgang Makki	18	Oreun Ap Gubi	Palgub Pyojeok Chigi
19	Juchum Seogi	Keun Doljjeogwi	19	Oreun Dwi Gubi	Sonnal Momtong Makki
20	Juchum Seogi	Keun Doljjeogwi	20	Oreun Ap Gubi	Nullo Makki Pyonsonkkeut Sewo Tzireugi
21	Juchum Seogi	Santeul Makki	21	Oreun Dwi Gubi	Deung Jumeok Bakkat Chigi
22	Juchum Seogi	An Palmok Momtong Hecho Makki	22	Oreun Ap Gubi	Momtong Bandae Jiruegi
23	Naranhi Seogi	Arae Hecho Makki	23	Wen Ap Gubi	Gawi Makki
24	Juchum Seogi	Santeul Makki	24	Oreun Ap Gubi	Momtong Dubeon Jiruegi
25	Oreun Hakdari Seogi	Geumgang Makki	25	Oreun Ap Gubi	Gawi Makki
26	Juchum Seogi	Keun Doljjeogwi	26	Wen Ap Gubi	Momtong Dubeon Jiruegi
27	Juchum Seogi	Keun Doljjeogwi			

WEIWU TAEKWONDO – BEYOND BLACK BELT

3. LEADERSHIP PROGRAM

Being a Black Belt Leader means much more than having the ability to defend yourself. It is about successfully dealing with life's challenges and having the confidence and self-belief that you can succeed in life and achieve your goals.

The Leadership Program aims to help Black Belts who want to take their Taekwondo practice to a higher level as well as learn and develop leadership skills that would be useful in all areas of life.

While Black Belts help instruct other students and pass on what they have learned, they also recognize how much more there is for them to learn and continue their own training and advancement. By teaching others, the Black Belts are also analysing their own abilities and improve, as well as developing leadership skills. This is part of the circle of Taekwondo. This keeps the art of Taekwondo alive for many generations and is the principle on which Taekwondo has sustained itself for thousands of years. The knowledge and art of Taekwondo is meant to be shared with others who strive to learn and to improve themselves.

Benefits of the Leadership Program :

- Learn valuable leadership and life skills
- Improve your Taekwondo practice to take it to another level
- Gain experience in instructing and refereeing
- Additional training opportunities
- Impressive addition to resume and adds weight to your accomplishment

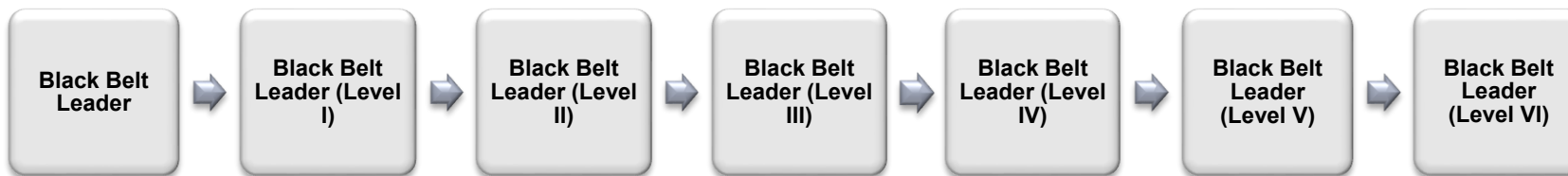
Leadership Program is for Black Belts age 10 years old & above.

Class Assistance applies to colour belt classes only where you are not training yourself. Black Belts do not need to commit to regular Class Assistance. You are welcome to assist and learn whenever you can.

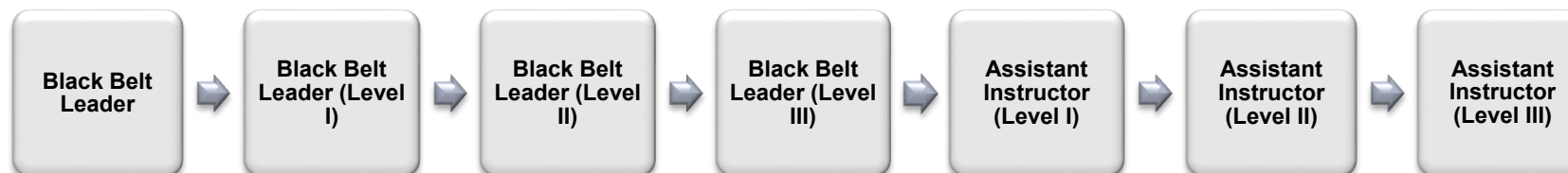
Certificates are awarded at Black Belt Leader Level and Assistant Instructor Level.

PATHWAYS

BLACK BELTS



INSTRUCTORS TEAM



WEIWU TAEKWONDO – BEYOND BLACK BELT

3. LEADERSHIP PROGRAM (CONTINUE)

PATHWAYS

1. Black Belt Leader

- Black Belts start as Black Belt Leader

2. Black Belt Leader (Level I)

To attain Black Belt Leader Level I, you must

- Assist 24 hours as a Black Belt Leader
- Pass Observational Assessment
- Demonstrate Black Belt attributes & etiquette

3. Black Belt Leader (Level II)

To attain Black Belt Leader Level II, you must

- Assist 24 hours as a Black Belt Leader Level I
- Pass Observational Assessment
- Demonstrate Black Belt attributes & etiquette

4. Black Belt Leader (Level III)

To attain Black Belt Leader Level III, you must

- Assist 24 hours as a Black Belt Leader Level II
- Pass Observational Assessment
- Demonstrate Black Belt attributes & etiquette

5. Black Belt Leader (Level VI) | Assistant Instructor (Level I)

To attain Black Belt Leader Level VI | Assistant Instructor Level I, you must

- Assist 24 hours as a Black Belt Leader III
- Pass Observational Assessment
- Demonstrate Black Belt attributes & etiquette

6. Black Belt Leader (Level V) | Assistant Instructor (Level II)

To attain Black Belt Leader Level V | Assistant Instructor level II, you must

- Assist 48 hours as an Assistant Instructor Level I
- Pass Observational Assessment
- Demonstrate Black Belt attributes & etiquette

7. Black Belt Leader (Level VI) | Assistant Instructor (Level III)

To attain Black Belt Leader Level VI | Assistant Instructor level III, you must

- Assist 72 hours as an Assistant Instructor Level II
- Pass Observational Assessment
- Demonstrate Black Belt attributes & etiquette

INSTRUCTORS TEAM

▪ BY INVITATION ONLY

- Instructors play an important role in the success of our training programs
- Commit to Class Assistance roster on a regular basis
- Available positions are dependent on class size and Instructor numbers at each class/day
- Demonstrate Black Belt attributes & etiquette

REFEREEING (Age 14+)

▪ BY INVITATION ONLY

Black Belts who are interested in refereeing at state competitions can pursue this path with Senior Instructor's approval. Separate accreditation by State/National Body will be required and minimum age applies (as set by State/National Body). This is another opportunity for Black Belts to be involved in different aspects of Taekwondo and gain different qualifications / accreditations.

REQUIREMENTS & EXPECTATIONS

The interaction you have with the students will directly influence their continued involvement in the class. Therefore, it is important that you foster a sense of belonging in your students that allows them to enjoy and appreciate their time with us. While your talent, skills and knowledge are valuable qualities as a Black Belt Leader / Assistant Instructor, even more important are your personality, attitude, mannerism and teaching style which will strongly influence your students' receptions to you as their Leader / Instructor.

- Good knowledge of all techniques and poomsae up to your current rank
- Always know and display class management skills
- Always know and display positive attributes
- Always know and display proper etiquette

CLASS MANAGEMENT SKILLS

Following are class management skills that Black Belt will learn and improve through the mentored Class Assistance.

- Know the class routine and syllabus well
- Time Management

CLASS MANAGEMENT SKILLS (continue)

- Pace the class according to different students' levels and skills within the class.
- Maintain discipline
- Set the mood and tone of class
- Create a positive environment / atmosphere
- Use individual approach
- Set direct goals
- Give thoughtful feedback to students' response
- Reinforce positive behaviour and give realistic praise
- Give positive correction rather than criticism
- Refer to students by name
- Teach the concept of personal victory
- Use the right tone and language : imperious, impatient or condescending tones discourage learning and receptiveness
- Keep calm. Be confident and sure of yourself when teaching, but also take care to be patient with your students, especially when teaching them something new

INSTRUCTORS TEAM

1. **Responsibility and Commitment.** Instructor must be able to commit to a roster for Class Assistance. On occasions when you cannot make it or are late, you must inform us as soon as possible for us to organise class cover if necessary. This is important for the successful delivery of our training program.
2. **Be on time.** Instructor is responsible to start the class with warm up and must be there on time.
3. **Take initiative and be proactive.** Instructor should
 - constantly check and assist students. If you are unsure of what needs to be done, ask Senior Instructors
 - not be in a situation where you stand, watch and do nothing
 - not chat with Black Belt Leaders while training is running
 - mentor Black Belt Leaders where necessary
4. **Strive to Improve.** You must strive to improve continually and know your syllabus well including terminology. You must know the order of basic and advanced techniques for each belt level to deliver at training.

WEIWU TAEKWONDO – BEYOND BLACK BELT

4. BLACK BELT ATTRIBUTES AND ETIQUETTE

As a Black Belt, you are expected to always display attributes and proper etiquette.

ATTRIBUTES

The five tenets* of Taekwondo are the guiding principles of the philosophy behind Taekwondo and together with other attributes are important guide for Black Belts. Through our Beyond Black Belt program, we hope to instil in Black Belts these important attributes that would be beneficial in real life as well, not just as an instructor.

Courtesy *

Showing courtesy to all, respecting others, having manners as well as always maintaining the appropriate etiquette, both within and outside the dojang.

Integrity *

Black Belts do the right thing even when no one is looking. It's easy to be good when people are watching; true integrity is always doing your best. Integrity means not only to determine what is right or wrong but also having the conscience to feel guilty if one has done wrong and to have the integrity stand up for what is right. In the dojang, show integrity by not cheating at training. If your instructor asks for 20 push ups, don't do 15 so you can finish first. If you commit to a task, ensure that you carry it through with commitment and enthusiasm.

Perseverance *

Black Belts believe that they can overcome any obstacle put before them if their goal is important enough to them. Perseverance means steady persistence in a course of action or purpose, despite difficulties, obstacles or discouragement. Without perseverance, you will not progress well in the art, and it takes perseverance to have an indomitable spirit.

Self-Control *

Black Belts realize that they are responsible for their own thoughts' feelings and emotions. You don't blame others for your actions, and you respond instead of reacting. You must conduct yourself with control whether inside or outside the dojang. Taekwondo is not to be used for aggression, but for defence. This is one reason why as a student of Taekwondo, you must learn self-control while learning techniques. With Taekwondo training, you learn to develop more control over yourself, and this helps you to think more clearly about what you do or say.

Indomitable Spirit *

You may not always succeed on the first try at everything that you attempt in Taekwondo, or in life. The indomitable spirit has the courage and confidence to try again and not be discouraged in the face of fear or failure. The indomitable spirit perseveres. It comes from pushing yourself through physical and mental exhaustion and goes further than you thought possible.

Honesty

Black Belts realize that honesty is the best policy. First and foremost, we must be honest with self. It is often easier to find fault in others than it is to evaluate self. Black Belts should be able to look within and find areas they can improve on and at the same time realize their strengths they can build upon. Only then can you truly be honest with others in a positive, respectful manner.

Respect

We should respect ourselves first and then all others. Just because someone is different in the way they look, talk or believe does not make them any better or worse just different.

Communication

Black Belts understand that communication is their link between themselves and the world. They realize that it is important to be able to convey their thoughts and feelings to others. More importantly we need to listen before we speak or react. Black Belts realize that their confidence and body language is a form of communication and when used properly the likelihood of ever having to defend oneself goes down dramatically. The way we carry ourselves keeps us from being an easy target. The aura we radiate lets other know you are not one to be messed with. When the egos are removed it's much easier to walk away from any situation. On the defense side a Black Belt should stand up for what is right. We do not fight unless we must, when taken to that point a Black Belt realizes there is no fair fight, they should address the immediate danger, counterattack, and evacuate the danger zone.

Humility

Humility is one of the most important attributes in Taekwondo training and life. Being humble and not becoming bigheaded with your achievements makes you recognize that you can improve. No matter how smart one is, there is always room to learn something more. Black belts need to develop patience and listen more than speak, which in turn helps to learn from different people. With humility, we gain honour, and through honour, we earn respect.

WEIWU TAEKWONDO – BEYOND BLACK BELT

4. BLACK BELT ATTRIBUTES AND ETIQUETTE (CONTINUE)

ETIQUETTE

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> ▪ Bowing is a tradition in Korea used when entering or leaving the DOJANG (Training Hall). It is a sign of respect for instructor's experience, knowledge and commitment to Taekwondo. It is also out of respect for the dojang, the art and the ranks. This method of recognizing authority, experience, and greater knowledge helps to strengthen a student's respect for authority in and out of the dojang. It also fosters a sense of respect for the training, the goals and the person they aspire to become. And in time through training, they learn to respect themselves. ▪ When bowing, you must not look at the person you are bowing this. This is deemed rude and disrespectful. Bow by standing in front of the recipient and bending from the waist at about 30-degree angle for three seconds, with hands by the side and eyes on the ground. ▪ When you greet a Taekwondo instructor or Black Belt you should bow as above, with your left arm bent horizontally across your front. Then you can shake hands with your right hand. Traditionally, your bow shows the recipient that you respect and trust him/her; in return, the recipient bows as way of appreciating and reciprocating your feelings. ▪ If passing by the instructor, you must pass behind him/her, not in front of him/her. Listen quietly when your instructor talks and thank your instructor at the end of the class. Do not yawn, fiddle, fold your arms, chew gums or talk while instructor is talking. Students should address Senior Instructors as Master instead of by name. | <ul style="list-style-type: none"> ▪ Lining up in class correctly is also important to show respect. The highest ranked student stands at the front of the class on the right side of the Dojang facing in from the door. When the first line is full, the next line works the same way according to rank. If you are the same grade as another fellow student, stand on the left of him/her if you are younger or if you have been training less time than him/her. If you are unsure, standing in the position of the lower rank shows courtesy and respect. ▪ The correct etiquette to adjust uniform or belt during class is to turn around with your back facing your instructor before you adjust your uniform or belt and then turn to face him/her when finished. It is rude and disrespectful to adjust uniform and belt facing your instructor. ▪ In the Dojang, do not lean against the walls, whether seated or standing. Do not stand with hands on hips or with a similar sloppy attitude. The correct relaxed standing position is with your feet apart and your hands behind your back. The correct sitting position is with your legs crossed, back straight and wrists on knees. ▪ When you meet an instructor or members from other Clubs you must treat them as you would your own Instructor or club members. | <ul style="list-style-type: none"> ▪ Always maintain humility, be considerate and kind to those less fortunate. ▪ Always approach learning and training with an empty cup. Never go with the attitude that you already know it. There is always room for improvement. Perseverance and tenacity are a sign of strength, never give up. ▪ Trust your instructor's judgment if you are training. View criticism as an opportunity to grow. |
|---|--|---|