



World Taekwondo Mandeville

Dan Grading & Technical Guidance Syllabus

(Newly Revised Edition 2025)



WTM 1st – 2nd Dan (Black Belt)

Comprehensive Syllabus

Minimum Requirements

Minimum age: Poom: below 15 years, **Dan:** Above 15 years

- Minimum time requirement: 12 months of active training from 1st Dan
- Must be a current member of **World Taekwondo Jamaica** and/or **World Taekwondo Mandeville**

Required Poomsae

- **Koryo** (Required with excellent precision)
- **Keumgang** (Required with excellent precision)
- Any 4 **Taegeuk forms** (between 1-8 with perfect execution)

Basic Techniques (Kibon Dongjak)

Taekwondo Combination Techniques

Combination 1

Starting Position: Back Stance

1. Keumgang outer forearm Middle Block
2. Upper cut punch
3. Convert to Forward Stance → Middle punch



Combination 2

Starting Position: Forward Stance

1. Front kick
2. Combination High Knifehand Block & Inward Knifehand Strike
3. Palm pressing block
4. Step to Forward Stance → Vertical Spearhand Strike

Combination 3

Starting Position: Back Stance

1. Keumgang outer forearm Middle Block
2. Upper cut punch → Middle punch
3. Chamber front leg → then Execute Sidekick
4. Finish with front elbow Strike

Combination 4

Starting Position: Horse Riding Stance

1. Mountain (Santeul) Block
2. Convert to Crane Stance → Execute Sidekick
3. Reverse Chamber → Execute Sidekick with arms extended
4. End with Back Stance double Knifehand Block



Stances (Seogi)

- Moa Seogi (Attention Stance)
- Naranhi Seogi (Parallel Stance)
- Ap Seogi (Walking Stance)
- Ap Kubi (Forward Stance)
- Dwit Kubi (Back Stance)
- Beom Seogi (Tiger Stance)
- Juchum Seogi (Horse Riding Stance)

Hand Techniques

Blocks (Makki)

- Arae Makki (Low Block)
- Momtong Makki (Middle Block)
- Olgul Makki (High Block)
- Momtong An Makki (Middle Inside Block)
- Sonnal Makki (Knife Hand Block)
- Hansonnal Makki (Single Knife Hand Block)

Strikes (Chigi)

- Deungjumeok Olgul Ap Chigi (Back Fist Strike)
- Hansonnal Mok Chigi (Single Knife Hand Neck Strike)
- Sonnal Mok Chigi (Double Knife Hand Neck Strike)
- Palkup Dollyo Chigi (Elbow Strike)
- Me Jumeok Neryo Chigi (Hammer Fist Strike)



Punches (Jireugi)

- Arae Jireugi (Low Punch)
- Bandal Jireugi (Reverse Punch)
- Momtong Jireugi (Middle Punch)
- Olgul Jireugi (High Punch)

Kicking Techniques

Basic Kicks

- Ap Chagi (Front Kick)
- Dollyo Chagi (Roundhouse Kick)
- Yop Chagi (Side Kick)
- Naeryo Chagi (Axe Kick)
- Bandal Chagi (Crescent Kick)
- Dwit Chagi (Back Kick)

Advanced Kicks

- Twio 360° Dwit Chagi (Jump Spinning Back Kick)
- Twio Ap Chagi (Jumping Front Kick)
- Twio Dollyo Chagi (Jumping Roundhouse Kick)
- Mondollyo Chagi (Tornado Kick)



Sparring Requirements (Kyorugi)

Basic Sparring Techniques

- 3-Step Sparring (Sambon Kyorugi) 2 of each (written by student)
- 2-Step Sparring (ee bon Kyorugi) 2 of each (written by student)
- 1-Step Sparring (Il bon Kyorugi) 2 of each (written by student)

Free Sparring (Jayu Kyorugi)

- Demonstration of controlled techniques
- Application of combinations
- Proper distance management
- Effective counter-attacking
- Use of footwork and ring management

Advanced Hanbon Kyorugi (One Step Sparring)

Technique 1: Advanced Joint Manipulation

- Attacker: Right punch to face
- Defense: Step slightly back with left inside block
- Counter: Trap opponent's wrist with left hand, step forward with right foot while applying wrist lock, execute elbow strike to ribs
- Finish: Apply downward pressure on locked joint to control opponent

Technique 2: Angular Attack Sequence

- Attacker: Right punch to face
- Defense: Step 45° to inside with left foot while executing right knife-hand block



- Counter: Left palm strike to chin, right turning kick to floating ribs, left back fist to temple
- Finish: Step through with controlled follow-up position

Technique 3: Axe Kick Defense

- Attacker: Right axe kick to shoulder/head
- Defense: Step back with X-block (both forearms) to catch/deflect kick
- Counter: Right side kick to attacker's supporting leg followed by left ridge-hand strike to throat
- Finish: Maintain distance with fighting stance and readiness

Technique 4: Back Kick Defense

- Attacker: Right back kick to abdomen
- Defense: Left palm block downward while stepping 45° to outside
- Counter: Right foot sweep to supporting leg while delivering left knife-hand strike to neck
- Finish: Maintain balance while opponent falls or establish fighting stance

Technique 5: Palm Strike Defense

- Attacker: Right palm heel strike to face
- Defense: Left inside circular block while stepping slightly back
- Counter: Right knife-hand strike to neck followed by left turning kick to floating ribs
- Finish: Return to fighting stance with controlled distance

Technique 6: Spinning Back Hand Defense

- Attacker: Right spinning back hand to head
- Defense: Duck while stepping forward and left to inside of spin
- Counter: Right uppercut to solar plexus followed by left elbow strike to ribs
- Finish: Push opponent away and establish safe distance



Breaking Requirements (Kyukpa)

- Hand technique break (1 board) - Kicking technique break (2 boards)
- **Choice of techniques:**
- Ap Chagi (Front Kick)
- Dollyo Chagi (Roundhouse Kick)
- Yop Chagi (Side Kick)
- Sonnal Mok Chigi (Knife Hand Strike)
- Ap Jireugi (Front Punch)

Theory and Knowledge

Korean Terminology

- Basic counting in Korean (eg. 1-10,21-30,40,50,60,70,80,90,100)
- Names of all techniques
- Basic commands and terms
- Poomsae names and meanings

Taekwondo Philosophy

Understanding of the Five Tenets:

1. Courtesy (Ye Ui)
2. Integrity (Yom Chi)
3. Perseverance (In Nae)
4. Self-Control (Guk Gi)
5. Indomitable Spirit (Baekjul Boolgool)



History and Culture

- Basic history of Taekwondo
- Understanding of the Dobok and its symbolism
- Belt system meaning
- Dojang etiquette

Testing Requirements

Physical Conditioning

- Push-ups (minimum 50)
- Sit-ups (minimum 40)
- Standing long jump (minimum 6 feet)
- 3-minute round of jump rope

Mental Preparation

- Demonstration of focus and discipline
- Understanding of martial arts etiquette
- Proper attitude and respect
- Mental fortitude during testing

Technical Standards

- Clean, precise techniques
- Proper power generation
- Balance and control
- Speed and timing
- Proper breathing



Korean Terminologies (Memorize as much as possible)

General Knowledge

Tae – Foot

Kwon - Fist (or, "to smash with the fist")

Do - Way

Poomsae – Forms

Dojang - Training Hall

Kukki - Flags

Dobok - Uniform

Hogu - Body Armor

Oreun - Right

Wen - Left

Kibom - Technique

Chung - Blue

Hong - Red

Sunbae nim – Senior Student

Kyo bum nim – Instructor (1st – 3rd)

Kyo sah nim – Novice Blackbelt (1st – 3rd)

Taekwondo Kicks

Chagi - Kick

Ap Chagi - Front Kick

Yop Chagi - Side Kick

Dollyo Chagi - Turning Kick

Dwi Chagi - Back Kick

Dwi Huryo Chagi – Spinning Hook Kick

Horyo Chagi - Hook Kick

Naeryo Chagi - Axe Kick

Miryo Chagi - Pushing Kick

Yop Miryo Chagi - Cut Kick

An Chagi - Inner Crescent Kick

Bakkat Chagi - Outer Crescent Kick

Mondollyo Chagi – Tornado Kick

Narae Chagi – Double Roundhouse Kick

Kawi Chagi – Scissors Kick

Bituro Chagi – Twisting Kick



<p>Sabum nim – Teacher/Master</p> <p>Kwan Jan Nim - Grand Master</p> <p>Kyorugi – Sparring</p>	<p>Twiyο + (Kick) - Jumping/Flying (Kick)</p>
<p><u>Taekwondo Commands</u></p> <p>Charyut - Attention</p> <p>Kyung Ne - Bow</p> <p>Junbi - Ready</p>	<p><u>WT Taekwondo Stances</u></p> <p>Sogi – Stance ; Bo Jumeok Junbi – Closed fist</p> <p>Charyot Sogi - Attention Stance</p> <p>Ap Sogi - Walking Stance</p> <p>Ap Kubi - Long Stance</p>



<p>Shijak - Start (for instance, to commence fighting at a tournament)</p> <p>Kooman – Stop</p> <p>Swi-yo (Sho) - Relax</p> <p>Kallyo - Separate (no grappling)</p> <p>Kyesok – Continue; Seung – Winner</p> <p>Gam jeong – Penalty</p>	<p>Juuchum Sogi - Horse (Sitting) Stance</p> <p>Dwi Kubi - Back Stance</p> <p>Moa Sogi - Close Stance</p> <p>Wen Sogi - Left Stance</p> <p>Oreun Sogi - Right Stance ;</p>
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Punches & Strikes

Jireugi - Punch

Ap Jireugi - Front Punch

Momtong Jireugi – Middle Punch

Yup Jireugi – Side Punch

Olgul Jireugi – High Punch

Arae Jireugi – Low Punch

Palkup Ollyo Chigi – Upward Elbow Strike

Palkup Yeop Chigi – Side Elbow Strike

Palkup Dwi Chigi – Back Elbow Strike

Palkup Naeryo Chigi – Downward Elbow Strike

Deung Jumeok Chigi – Back Fist Strike

PyeonSonkeut Sewo Jireugi – Spearhand Strike

Batangson Teok Chigi - Palm Heel Strike (chin)

Sonnal Deung Chigi – Ridge Hand Strike

Mureup Chigi – Knee Strike

Jebi Poom Chigi – Combination Knifehand
Block and Strike

WT Taekwondo Blocks

Makki - Block

Arae Makki – Low Block

Momtong Makki - Middle (Body) Block

Olgul Makki - High (Face) Block

Momtong Makki – Outer Forearm Inward Block

Momtong Bakkat Makki - Outer Forearm Block

Batangson Makki – Palm Block

Goduro Makki – Guarding Block

Sonnal Makki - Knife Hand Block

Otgureo Makki - X-fist Block

Batangson an Makki - Palm Heel Block

Kawi Makki – Scissors Block

Hechyo Makki – Wedging Block

Momtong Goduro Makki – Guarding Block

Hansonnal Makki – Single Knifehand Block



Sonnal Bakkat Chigi – Outward Knifehand Strike

Sonnal An Chigi – Inward Knifehand Strike

Du Hechyo Jireugi – Twin Upset Punch

Deung Jumeok Bakat Chigi – Outward Hammerfist Strike

Khaljaebi Chigi – Arc Hand Strike

Ap palkup chigi - Front elbow

Palkup pyojeok chigi - Front elbow with target

Dwi palkup chigi - Back elbow

Deungjumeok ap chigi - Back fist front strike

Counting

1 – Hana **6** - Yaseut

2 – Dool **7** – Il gop

3 – Seht **8** – Yadeul

4 – Neht **9** – A houp

5 – Dasut **10** – Yul

11 - 21

Basic Steps & Footwork

Pahl Pokkoh – Change feet

Chun jin – Slide forward

Fujin - Slide backward

Il bo Chun jin – One Step Forward

Il bo Fujin - One Step Backward



11 - Yul hana **16** - Yul Yaseut **21**- Sumul
hana

12 - Yul Dool **17** - Yul Il gop

13 - Yul Seht **18** - Yul Yadeul

14 - Yul Neht **19** - Yul A houp

15 - Yul Dasut **20** – Sumul

10 – 100 (10s)

10 – Yul **60** – Yu soon

20 – Sumul **70** – Il hoon

30 – Su doon **80** – yu doon

40 – Mahun **90** – Ha hoon

50 – Shin **100** – Baek