

**melbourne**  
**TAEKWONDO CENTRE**



# 1<sup>st</sup> Dan/Poom Grading Guide

# CONGRATULATIONS!

If you are reading this manual, you are more than likely going to grade for your Black Belt some time soon. This is no small thing!

It has taken hard work and dedication to get to this point. On average, you have been training for around 5 years in the art of Taekwondo.

To give you an idea of how hard you've worked in those 5 years, you have:

- Participated in over 500 classes
- Escaped from over 5,000 attacks during Self Defense
- Performed over 10,000 Front Kicks
- Kicked or Hit a Bag or Mitt over 20,000 times
- Performed over 30,000 Lower Blocks
- Performed over 40,000 Chest Punches

That's pretty amazing if you ask us. Your Instructors and I are proud of you and your efforts, but it's not over yet!

## YOUR BLACK BELT AWAITS!

The most important thing to remember is that you will need to be mentally prepared, no matter how physically ready you are. You could be the best technician in the club, but if you're not mentally prepared you won't perform at your best on grading day.

Part of your mental preparation is knowing all of the theory related to your grading. This is where this guide comes in. We have included everything you will need to know from Taekwondo and MTC History, to some practice questions that you will be asked on your grading day.

Knowing your theory will go a long way to helping you be mentally prepared to tackle you Black Belt grading.

I look forward to seeing you grade for you Black Belt in the near future. In the mean time, listen to your instructors, train and study hard.

Sincerely,

*Jack Rozinszky*

Grand Master Jack Rozinszky  
9<sup>th</sup> Dan Jidokwan Black Belt & Chief Instructor of Melbourne Taekwondo Centre

# About this Grading Guide

This grading guide will help you prepare for your Black Belt Grading.

Most people get a little nervous when they see the size of this guide. **DON'T BE.** If you study this guide as often as you physically train for your grading you will be well prepared for the theory part of your grading.

The theory is related to the history of Taekwondo, the history of Melbourne Taekwondo Centre, and Korean Terminology for your Poomsae, Koryo.

At the back of this guide we have included sample questions that will be asked to you on grading day. If you go through these questions and write down an answer for each one you will have your answers for the grading. **MAKE THE ANSWER BRIEF AND TO THE POINT.** Try to avoid long answers, as they are harder to remember.

There is a section for you to write down your One Step Sparring defenses as well as your defenses for your Self Defense.

Lastly, there is a full break down of which skills you will be required to perform and how they are scored.

## BOARD BREAKING INFORMATION

You will be required to break two boards at your grading. Here are the dimensions of the boards:

All boards are to be 290mm (W) x 290mm (H) and be Dressed Pine

Male students aged 15 and over	19mm thick
Female students aged 15 and over	15mm thick
Students aged 13 to 15 years	15mm thick
Students aged 12 years and under	12mm thick

The standard thickness of dressed pine is 19mm. To get 15mm and 12mm boards you will need to get a 19mm board shaved down. Your local hardware or timber store should be able to do this for you for a small fee. It may be more cost effective for you to buy a length of pine and get multiple boards cut all at once.

Once you have your boards, keep them in dry place. If you keep the boards in a damp area, the wood will soak up the dampness and make it harder for you to break them!

**IF YOU ARE HAVING TROUBLE GETTING BOARDS, PLEASE SPEAK TO YOUR INSTRUCTOR AS THEY WILL KNOW SOMEWHERE TO GET THEM. DON'T WAIT UNTIL THE WEEK OF THE GRADING TO DO THIS!**

Some clubs will supply boards for your grading. Please check with your Instructor to see if you have to purchase your own or if the club supplies them.

# Grading Syllabus

<b>Poomsae</b> (Patterns)		<b>300 Points</b>
Taeguk 7	100 Points	
Taeguk 8	100 Points	
Koryo	100 Points	
<b>Han Bon Kyorugi</b> (One Step Sparring)		<b>100 Points</b>
Chest Punch		
Face Punch		
Front Kick		
Side Kick		
Roundhouse Kick		
<b>Hosinsul</b> (Self Defense)		<b>300 Points</b>
<b>Bare Hand Attacks</b>	<b>100 Points</b>	
Wrist Grab	(locking defense)	
Head Lock		
Hair Grab		
Bear Hug		
Lapel Grab	(throwing defense)	
Strangle		
<b>Club Attacks</b>	<b>100 Points</b>	
Downwards	(avoid)	
Inwards	(disarm)	
Outwards	(disarm)	
<b>Knife Attacks</b>	<b>100 Points</b>	
Straight Thrust	(avoid)	
Downwards	(throwing defense)	
Upwards	(avoid)	
Inwards	(block and push away)	
Outwards	(locking defense)	
<b>Kyorugi</b> (Sparring)		<b>100 Points</b>
Two Rounds		
No contact – demonstration		
Light contact – point sparring		
<b>Gyokpa</b> (Board Breaking)		<b>100 Points</b>
Combination break (2 boards)		
1 Hand Technique	50 Points	
1 Foot Technique	50 Points	
(Females & Juniors may use 2 foot techniques)		
<b>Theory</b>		<b>100 Points</b>
<b>Techniques</b>	<b>50 Points</b>	
Meaning of and Terminology for Poomsae Koryo		
Basic Techniques – Terminology and how you would teach them		
<b>History</b>	<b>50 Points</b>	
Taekwondo History		
MTC and Grand Master Rozinszky History		
<b>TOTAL:</b>		<b>1000 Points</b>

**PASS MARK: 700 POINTS (70%)**

# Hanbon Kyorugi (One Step Sparring)

- 3-5 counter attacking techniques per attack (not including blocks)
- Combination kicks (double, triple, etc.) are considered 1 technique
- Maximum of 2 punching counter attacks over the 5 attacks
- Sparring techniques only (no kicking below the belt or hand techniques to the face)

Attack	Counter Attacks
Chest Punch	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Face Punch	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Front Kick	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Side Kick	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Roundhouse Kick	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

# Melbourne Taekwondo Centre

## Chief & Head Instructors

<b>Chief Instructor</b>	Grand Master Jack Rozinszky	8 <sup>th</sup> Dan Kukkiwan 9 <sup>th</sup> Dan Jidokwan
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The following Instructors are all Kukkiwon certified:

<b>Master Instructors</b>	Master Greg Butterworth	7 <sup>th</sup> Dan
	Master Bronwyn Butterworth	7 <sup>th</sup> Dan
	Master Alf Dell'orso	6 <sup>th</sup> Dan
	Master David Atkinson	6 <sup>th</sup> Dan
	Master Barry Akehurst	6 <sup>th</sup> Dan

<b>Head Instructors</b>	Mr. Andrew Rozinszky	5 <sup>th</sup> Dan
	Mr. Bernard Victor	5 <sup>th</sup> Dan
	Mrs. Lydia Zakkas	5 <sup>th</sup> Dan
	Mr. Jamie Marsh	5 <sup>th</sup> Dan
	Mr. David Cronin	5 <sup>th</sup> Dan
	Mr. Mark Nolasco	4 <sup>th</sup> Dan
	Mr. Andrew Despotidis	4 <sup>th</sup> Dan
	Mr. Andrew Marton	4 <sup>th</sup> Dan
	Mr. Derek Upward	4 <sup>th</sup> Dan
	Mr. Wayne Ettwell	4 <sup>th</sup> Dan
	Mr. Toohey Choundary	4 <sup>th</sup> Dan
Mr. Rod Thomas	4 <sup>th</sup> Dan	

**PLEASE CHECK OUR WEBSITE [www.taekwondo.com.au](http://www.taekwondo.com.au) TO ENSURE ALL GRADINGS ARE CURRENT**

## MTC History (in brief)

Founded in 1963, MTC is one of the oldest Taekwondo Clubs in Australia.

Grand Master Jack Rozinszky is the Chief Instructor and sole founding member of MTC. In 1967 Grand Master Rozinszky was graded to 1st Dan Black Belt at the Jidokwan (Wisdom Way) School of Taekwondo in Korea and was the first Australian to do this.

In 2006, some 39 years after becoming Australia's first Black Belt, Grand Master Rozinszky earned his 9<sup>th</sup> Dan from the Jidokwan School of Taekwondo, becoming Australia's highest first non-Korean born 9<sup>th</sup> Dan Taekwondo Black Belt.

MTC students have represented Australia in every National Taekwondo Team since 1979. MTC students have successfully competed and won medals in a number of international tournaments, including the World Championships and test events for the Olympic Games.

Of note are:

### **Kyorugi (Sparring):**

Carmen Marton – GOLD & Bronze Medals at World Championships

Alf Dell'orso – Bronze Medal at World Sparring Championships

Tanya White – Olympic Games Representative 2000 Sydney

Carmen Marton – Olympic Games Representative 2008 Beijing & 2012 London

### **Poomsae (Patterns):**

Bronwyn Butterworth – Silver & Bronze Medal at World Poomsae Championships

Melissa Kenihan – Bronze Medal at World Poomsae Championships

# Grand Master Rozinszky

## Grand Master Rozinszky's History in Taekwondo.

### Introduction

This essay chronicles the experiences and personal development of Jack Rozinszky, a man who escaped communist Hungary to Australia, who became interested in martial arts and due to the limited opportunities in the country at the time decided to travel to various countries around Asia to seek further knowledge and experience that he could learn from and take back to Australia. These adventures where in the formation years of Taekwondo, and while Korea was trying to expand Taekwondo to the outside world, he one was of the early people to go to Korea going with his new wife and training at the Jidokwan to learn the art from the instructors of the instructors and the heart of the world of Taekwondo, this has lead to forming friendships and lifelong relationships with many senior instructors of Taekwondo today.

These experiences include the struggles of forming one of the earliest clubs in Australia and being involved in the formation of the early Taekwondo associations in the country. Expanding the club against many challenges and difficulties, while still having the drive and determination to succeed. This is not just a story about learning a martial art but the personal challenges of moving to a foreign country and developing a martial club of a foreign based art in a growing and developing country. In the pioneer times of the spread of Taekwondo across the world and being part of the growth of the martial art and it's acceptance in to the major international sporting associations.

His own club the Melbourne Taekwondo Centre has sent many competitors to various worldwide events where they have had enormous success and a high reputation, while prompting goodwill and the spirit of friendship that Jack personally tried so hard to express himself in the 1960's. The club has grown into one of the biggest and most successful in Australia through years of difficulties and challenges, which required leadership, and the development of a family environment.

These competitors have won medals in some of the earliest international events and competitions around the world in a time when few countries competed, this has grown to the extent that last year at the first World Poomsae Championships, one of the clubs senior instructors won first medal for Australia. It is this criteria that is unique in it experiences and time in the foundation years of Taekwondo which truly exhibits the overcoming of challenges and difficulties in spreading Taekwondo.

### The Story

After fleeing from the 1956 revolution in Hungary, before I left there I studied wrestling and gymnastics. After arriving on the ship in Melbourne, I found accommodation and became involved with the Hungarian community, who had a social club where there was a Judo club that also taught Jujitsu, this is when I first began training in the martial arts of Judo and Ju-Jitsu in Australia.

I also discovered another Judo and Jujitsu club, in which the instructors had come out from Holland, they were members of the club in Holland which had produced a world champion in Judo. After a long search I come across a Jujitsu and Karate club called "Silver Top Taxi Club" with instructors of high-calibre and very caring, but also demanding the best from each student. We started to practice our skills, blocking and kicking techniques, one of the first instructor the club invited was from Korea and his name was Chan-Yong KIM, his skills were excellent, we learned a lot from him, during this time I was promoted to Brown belt, after training very hard.

In 1962, I decided to open of my own club that was in located in St Kilda. The club flourished this was the first club in Australia many members from this club became very famous instructors in different martial arts as well. Because the club grew so quickly we had made a decision to relocate to a more central location, this we found at Little Lonsdale Street in Melbourne. This was a two-storey building where you could use one floor for beginners and the other for a more advanced students. As I was still practising at

Silver Top Taxi Club, I invited many different martial artists to come to our club and show their skills, our self defence techniques was very good.

I needed to find some new Karate practitioners to fight with, as my goal was to improve and find out how good we were, it was a challenge every night after work as I would go down to the ships in the port and look for some martial artist to come to our club to exchange skills and have a chance to fight with them. It was one of these times when met an excellent instructor from the Japanese navy, he was from Hiroshima, at the time we had no protectors and it was full contact fighting with no rules I was out there to learn as much as I could without getting hurt, after when we finished I went home and mentally replayed the training and fighting we had just done, realising my mistakes, and correct them at the next training session by visualisation.

Visiting many more times to the ships, I found myself in the very peculiar situation, I was asked to come aboard a ship, and was sent down to where the sailors was having dinner, I was introduced to a sailor who said he was interested in coming down to our club to have a fight, however in the corner of my eye I noticed another sailor coming towards me and as I had my back to him all I felt a punch aimed at my head, without thinking I blocked it and then I delivered a kick to his head stopping a few centimetres away, until now it was very noisy soon as this happened you can hear a pin drop, the answer to my search was clearly that is no one here who would be interested in coming to my club and fighting.

We invited to our club Grand Master Ky-Hung NO, he was from the Korean Yudo College and also a practitioner of Taekwondo. We learned some new skills and new way of approaching our training, together with new forms. In the meantime new instructors come to Australia from different martial arts, some from Okinawa and from Japan, one of these was named Kato from Kyokushin-kai Karate-do club, he was very famous from his movie role in the James Bond film when he first arrived into our club he showed his skills and we just watched with amazement. He was taking the warm up exercise and having us do the splits, I was nearly to the ground, however he made sure by pushing me down to the floor that I completed the full split. After that had finished, he asked me to have a fight with him and I was very proud to represent our club. I wanted to be sure I did not get beaten up or disgrace Australia. He continued teaching at different venues. In the meantime another famous martial artist came to Australia who's name was Don Dreaga, he was an expert swordsmen and judo and jujitsu master.

Our club continued to grow, I wanted to learn from my instructor's instructors, and so I decided with my new wife Valerie that as our honeymoon we would go to Korea to achieve this. We boarded a cargo passenger ship, and because of our financial situation was bad, all we could afford was to stay in were different quarters from each other, as we travelled we stopped in Guam where there were US Air force B-52 bombers were taking off to Vietnam. On the ship each morning as I was getting ready to train in the limited space, the crew watch me as they were doing day everyday chores. After arriving in Japan at the port of Yokohama we decided to take a trip to Mikimoto Pearl Island with limited money but with great enthusiasm. After arriving back to the port we found that our ship had left, without us to another port. We had nowhere to stay and we were very lucky that a nice man come to our rescue and found us a place at a nearby Japanese inn, and he went to look for our ship. Next morning after waking up we found our ship at the next port. Our travels in Japan were very exciting, and we travelled by a very new train to Tokyo known as the Bullet Train. Before leaving Japan to go to Korea, I visited and trained at the headquarters of Kyokushin-kai Karate-do and Shotokan dojo's, then returning to Osaka we got the ship to go to Korea and the port of Pusan. As my wife and I got on the ship we started looking for our cabin on the upper deck, however the Purser told us to go down to the hold below, we did not know why and found ourselves laying on the floor with only one blanket the only other foreign passenger was a young lady from America. We got seasick and I think we looked very funny because we found out later that all the other passengers were sailors on leave.

When we got to Pusan, and departing the ship our first experience in Korea was strange, a young man came to help us to take our luggage and to catch a train to Seoul, the tickets that we had paid for were first-class, but they put us in a second-class carriage with no seating. My wife was at one end of the train and I was at the other end, it was a long night. After arriving at the Seoul Station we got a taxi to the



YMCA Hotel. After arriving at the YMCA Hotel we were very tired, it was fairly late in the evening so we unpacked and went straight to bed. The Hotel room was very small but very comfortable, the first thing in the morning we went around exploring and found out how busy it was, there were lots of buses everywhere and the smoke from the buses was incredible. They were packed with people and the street was like a car park. People were everywhere and we were not used to seeing school kids up in the morning decked out in their school uniforms. After breakfast we started to look around to find out where we can find the Korean Taekwondo Association.

They give us the address to go to, it was not very far from YMCA hotel. As I arrived I first met Byoung-Ro LEE he asked me my background in Taekwondo and then he invited me to train with the Jidokwan club called Han Kuk Che Yuk Kwan it was not very far from the YMCA hotel. Early the next morning I got a taxi to find out how to get to the training area. It was very hot and humid, the club was three levels with wrestling on top Taekwondo in the middle and boxing at the lower part. As I tried very hard to fit into the club I followed the normal routine getting out water and rags and washing the floor. As I was still having sea legs from the boat trip, and it was very hard not speaking the language I tried to make it through the training. The whole class was very surprised seeing an Australian in the club training. The next day I met Grand Master Chong-Woo LEE the head of Jidokwan a very impressive gentleman, in the afternoon session he would sit outside at the front of the Club, it was amazing the amount of respect everybody paid to him. As students arrived they would not turn around until they got around a corner so as not to turn their back on him.

The afternoon sessions, three different classes of one hour at a time I was only non Korean in the class. To make sure I would learn as much as I can, I was taking all three classes. Each class had new students coming in so they were all fresh, after normal basic and hand techniques, then we would start to do kicking. The hardest part was that at the end of the training, you had to fight with everybody. As I was running each morning and evening from the Club back to my hotel I would get very thirsty, and saw on the side of the road a young man selling water melon drink. He was very happy to see me, because every time I nearly bought all his drink as it was very hot and humid. My wife Valerie after a few days found a job at the Peace Corps, this was very good because we had very little money. The window of the hotel was facing north it was blocked off and we could not see outside, we had a small table and a wardrobe, a bed and luckily a shower in our room, so I could shower after each training session. I had to throw my uniform into the shower to be washed. It was the best way to lose weight, after while I got used to the heat and humidity.

The afternoon sessions instructor was Grand Master KIM (now in the Ivory Coast) a senior in the club, and after a few days I was introduced to Young-Youl OH a young man who could speak English very well as he was at the University, he had holidays coming so he had to go. Everybody in the club was very friendly and helpful, they all try to teach me all much as they could, some times however it caused trouble, at one time one of the national champions was sent away from the club because of his interference in my training program. As I was progressing well I was accepted as a member, and was then invited out for lunch by Grand Master LEE and some of his instructors, as we were walking on the street away from the club, I noticed the difference in the way they walked, I realised the difference once I picked up the rhythm of them walking, it felt very comfortable on the street as everybody knew Grand Master LEE so they will step aside. Everybody respected him very much in the club and outside on the streets as well.

As I was getting more fitter and more comfortable, new members from different branches coming to the club as I was still had a white belt they all try to give me much as they could, but I was out there to learn, in this time you could not and would not try to hurt anybody as they were tough fighters. At one time one of the branch club members training at the club, as he was from outside this branch everybody would give him a very hard fight. On another occasion some of the red belt's would give me probably the hardest fights, as they were doing back kicks to my lower parts and as I could not speak the language I showed them my fist and told them if they kick me again I'd would punch their face in. Another time another black belt kept holding my leg after executing a kick, and as I had previously learned judo I did a "stomach" throw and he landed on his back, he would not try that again. As weeks went by I got to know

many of the senior instructors and students, probably the hardest one was Grand Master PARK (now in the USA) who I remember as having had very big callouses on his knuckles. I think at that time he was the national champion, he was also a gentleman as he called me a younger brother. However, later he found out that he was younger than me.

My wife Valerie was working but because of our lack of money we could only afford to go on Saturday to a movie and also of having a small bottle of beer to share. As we were walking on the street to go to the movies my wife's arm was pinched by girls going past us, after awhile we found out these girls were "working girls of the night" not knowing that she was my wife they thought that she was competition. Not long after Grand Master LEE invited both of us out for dinner to a Korean restaurant with Grand Master OH, during dinner I will never forget that Grand Master LEE asked me if I was afraid of him, I answered no, but I do greatly respect you. He would make sure we were safe giving us advice as to where not to go.

As my time was getting towards the end of my training I was invited by the senior members of the club to be part of a demonstration at the nearby U.S. Army base, I was very proud to be amongst the most senior and successful instructors in Korea, the demonstration was excellent, and I was asked to perform one of the forms that was required for grading to black belt. The demonstration included a breaking demonstration by Grand Master An-Dae SUP, who was a police instructor and very famous in Korea. I was fortunate enough to meet Grand Master Song-Su LEE who at the time was a reporter for the Korean Time magazine, in which he wrote an article about me, and my training experiences in Korea.

I never thought that my training would be that hard, though I tried with much spirit and effort, as I did not want to show any weakness. In trying so hard to kick with as much power as possible, on one occasion I strained my knee by doing a sidekick, injuring it so much that I could not bend down, so I had to fight virtually on one leg, not showing that I was injured, I just had to put up with it. As training went on, one day I ended up with over 30 bruises as we did not wear any protective equipment, but I still had to turn up next morning for training. As I was about to finish my training course Grand Master LEE asked senior instructors to attend my grading which was by myself in which I had to show all the techniques, patterns and other requirements, obviously I was extremely nervous but I believe I learned a hell of a lot on that day. After the examination Grand Master LEE placed the black belt around my waist, which is probably my proudest moment in my Taekwondo career, (This tradition of personally placing the belt around a new black belt in my Club is carried through today, as a mark of respect). My photo with Grand Master LEE is on the front of the Korea gym in 1967. As our training came to the end, it was a sad occasion because I made some lovely and caring friends that I will never forget.

Our trip back to Australia started well, by now we had got to know the customs and how to go about receiving the best service possible, on the train back to Pusan, was much more comfortable at the station I met the same person, however this time knowing all the do's and don'ts, I let him take our luggage to Hotel and I reminded him of previous incident that happened when I arrived the first time in Korea, he remembered us, so he was very polite and did not even ask for any money for his services.

The boat was waiting in the Port for us and I was thinking very hard what to have for dinner, so I decided to fill myself up with rice, which was a big mistake, I got very thirsty and started to drinking water but the rice kept coming up and when the Boat started to move I was very ill all the way back to Japan. I was very happy to disembark and see land, we went to the Hotel, the next morning and we went to visit one of the more beautiful Temples, on the way back to hotel I noticed a Japanese warrior statue that I could not take my eye off it, next morning I had to go back and buy it, which I have still in my possession today.

While I was away, the club seniors that I left in charge worked very hard, they had hard training with the Kyokushinkaikan instructor Kato. I did not realise how fit I was after my training in Korea, at the first lesson back, I lined up my top students and managed to knock them down, all but one, he was a very hard to fight and a big man, I made a mistake, in that I should have started with him first and not leave as the last person to fight. The club from that day started to grow and many new students joined, some of our senior instructors urged me to open up at full-time club in the permanent location, which we decided would be best suited in the centre of the city of Melbourne, which we found at 474 Lonsdale St, it was at that time that we could separate the beginners and the advanced into different classes, it was July 1970.

As Taekwondo popularity increased, I decided to open up a new venture, it was then located at Caulfield, as I was while I was teaching at the Caulfield College that I came across a good man and martial arts technician, he was very keen to learn so I decided to give permission and send him to Korea his name was David Butler and would be our first black belt in the club. As the club grew I needed assistant instructors, these were Neil Anderson, John Le Busque and Glen Lee, we had many visitors coming to our club from different parts of the world, some from Malaysia where they called it Korean Karate, they had some fantastic techniques, lots of jumping kicks but they were not used to hard fighting especially contact fighting, and some of the Praying Mantis schools students come to our club didn't do any better either.

At this time as our club continued to grow, and membership numbers increased. I invited Grand Master Ke-Hyung NO and his students for a competition, which was to be the first competition of Taekwondo in Australia and it was held at my club (I still have Black and White photos from this Competition).

In September 1971, I received my second Dan black belt.

In 1972, because of the growth of my club, I had to make a decision regarding expansion, so after a very great consideration and lots of sleepless nights, and as I had previously promised, I invited Grand Master Young-Youl OH to Australia to help me do this. When he arrived he lived in our house, which was very small at that time, sometime later he moved into our club premises to live. As the branches of the club were now in different locations, he needed a car to get from one place to another, which I provided. Sometime later he invited his new wife to come to Australia. Unfortunately the relationship with him and our club didn't last very long and he decided to move, unfortunately some of my best black belts went within him, this was in 1974. At this time we decided to have a meeting with all the instructors with the aim of forming an association, which we did and it was called Australian Taekwondo Association, then we started organising competitions at different clubs and schools this was probably a beginning of the competition era, in which we were very successful. As international competitions began we were invited to Korea to the World Championship, some of our former club members were in the Australian team and performed excellently, this was at KUKKIWON. By this time Taekwondo in Australia had grown much bigger and Grand Master Yong-Dae CHO was invited to come to Australia by Malcolm Brown he was from the same school Jidokwan, we got on very well we are still colleagues after 40 years.

In 1975, I visited Korea again and trained, receiving my third Dan black belt, this was four years between gradings.

In 1976, I was the tournament director for the second Asian Taekwondo Championships in Melbourne, the competition was very successful, at this time the Korean team arrived, and my friend Jeff took them out for dinner at midnight, at that time Melbourne was not very open for visitors to restaurants at midnight but we managed. The competition was held at Albert Park stadium, our club was nearby and therefore the training centre for international competitors to train, we also held probably the first or second international referee seminar. But because of an unfortunate incident that happened during the Christmas holiday break, The club was burnt down and until now we are still do not know how it happened, I believe some one had a grudge against us, the club had to be completely repainted and ventilated to cater for the international competitors. The competition was very successful, all teams went home with good feelings and remembering Australia as a place to come back to.

Selections went on for a national team for the 1978 Asian championship and I asked for permission from then National President to visit Korea to sit for my fourth Dan grading. As I was elected as a trainer for the national team, we practised hard, it was in the centre of the city at the Melbourne YMCA gymnasium. I was in charge of day to day activities I knew all the competitors, our trip to Hong Kong for the Asian Championships was exciting, we trained every morning in the gardens across the road from the Hotel it was very humid and hot, it was great to see older Chinese people practising a martial arts. One day as we were leaving our training session, not walking far behind me, were three young men and until now I don't know how it happened that was no breeze but I just heard a tremendous noise and I saw a big tree moving side to side, I believe one of them hit the trees so hard that it moved. He must have some he has must and some special techniques and inner power that they used. Unfortunately next morning running

round the track, my left knee which I injured in 1967 locked up I was very concerned I had to look very quickly for a Chinese medicine to relieve my agony as I was preparing for my trip to Korea. After this competition I had to be fit and able to move freely, unfortunately I was still waiting for permission from the President for my trip to Korea, at the last night as we were staying in the same room he told me that I can go and take my fourth Dan grading I was very delighted and my trip to Korea was one of the highlights because after passing this grading I was recognised as a Head Instructor and the first fourth Dan in Australia. This means that after coming back to Australia I could grade my students at the Melbourne Taekwondo Centre and also become a member of the grading panel.

In the next few years we achieved an enormous success with our competitors some of these results would speak for themselves in the near future. We started to train for the first World Games, which was to be held in the U.S.A. in California in 1981. The competition was very exciting because we had the privilege to see some other sports participating, one of my favourites was the tug-of-war which each team of end of the rope tried their best to dislodge the team from the existing positions. As this was held in the University grounds, we had good food and accommodation and everybody was very happy because of the friendliness of the local people, our team members performed very well.

After returning from the world games in 1982, Grand Master Hae-Man PARK came to Melbourne for a seminar, which I attended and was the only non Korean born instructor there, as sometimes is usual at these types of the seminar they can be controversial as every instructor had they own view in regards to how the pattern should look like and be performed.

After returning to Korea, I had opportunity to take part as a team trainer for Sixth World Championship at the Korean Gym this was an opportunity for me as a senior to be involved with some of the classes, at one time I remember the senior instructor for the club was late coming from his previous engagement, so as a senior at the class I took it on myself to run the Club until he came back, some of the techniques that I show them were in regards to self defence, they were very excited about because for some reason or another they had not the chance to practise self defence and they enjoyed it very much, they asked for some more as the instructor came back to the class, he gestured to me to continue, after the class finished everybody asked for some more. The competition continued, our club showed great success, I also took part in 1994 international referee course at this time.

In 1988, Grand Master Hae-Man PARK came back to Australia and conducted seminars on patterns and the new referee course that I have attended again.

In 1990, as a team official I attended the Asian Championship, which is when our new era started, the Collinson brothers were very successful in this competition.

In 1991, we were preparing for the World Championship, our club as usual were in the forefront. At the selection Andrew Rozinszky (my son) was competing, but as there was enormous trouble with the existing Taekwondo Association, however we still had chance to make the finals, in the finals it was a drawn match, we were under much scrutiny as he was my son, it was eventually decided to give it to John Collinson. The finals as they all were club members, and as the head instructor I found it difficult to help my son and prepared specially for this competition. I felt guilty after this event because I could not even tell him that my family from Hungary would come to see him fight in Athens. However, in the end John performed very well at the Championships and received a medal for his effort.

Returning from this competition our trouble started with the Association at the previous competition we have been told as a member of this organisation that we cannot sit with the Australian team and we cannot even talk to them this was against our beliefs. At the competition Alf Dell'orso and myself played some mind games and also took videos of the previous fights so we could have a very good understanding as to what to expect and how to beat the next opponent. On our arrival backed Australia, the Association decided to take action against ourselves and lay charges in regard to misconduct at the competition we believed that we did the right thing because none of the coaches had much idea about our competitor and how to perform at the highest level. We were threatened with expulsion from the organisation as one of my instructors was working for a law firm, we decided to challenge the

organisation and the decisions that they made. At the meeting at Flemington, they would decide our fate, our club members came to the meeting and we were prepared to go all the way to the Supreme Court of Australia to stop the sanction, after long and tedious and nerve wrecking months of negotiations even at the last minute, before they decided to negotiate an outcome. On the day of the court hearing some of them even lied under oath. Our family's were nearly financially ruined, my wife Valerie said to me "if they can do this we must finish it now" because nearly our houses and past savings were on the line. At the Association's meeting Alf and myself were inside and outside our members were waiting for an outcome. I asked them for their support and strength in believing our rights. Inside the hearing that asked me if I if I want to remain a member, but to do this I would have crucified Alf, I said no, after the meeting on the way home I stopped and realised that at 51 years old, I had done something that I should have done much earlier, and that was to be strong enough to stand up against everybody when I believe that wrong thing were being done to our members.

In 1994, after 11 years between my 5th Dan and 6th Dan I was finally awarded my 6th Dan.

After receiving my sixth Dan in 1994 Taekwondo Association started to have more problems in that two senior instructors had a falling out, NO and OH and the power struggle started now, coming back from the last competition at the airport we found out just as we were about to board a plane that NO had approached the Olympic Council in regarding to have reunification between the two existing Taekwondo organisations to merge, this was quite a political move and the two leaders had some discussions, I believe in regard to how to go about it and after a lengthy negotiations the was government intervention, one of the men was put in charge Jim Barry who later become the patron and fortunately this caused a disturbance for the organisation the 1999 world championships elections was held at the unification competition which our club was probably of more successful for a long time to come this was for selection for Asian Championship to be held in Manila, five members won the right to represent Australia some of the members were Lydia Zakkas, Tanya White, Michelle Harrison, Bertie Collinson did this proud. That year I was selected from the many hundreds of instructors around Australia via a the Blitz magazine for "Instructor of the Year" at the Hall of Fame ceremony, this was a big honour amongst my peers, the ceremony was great having my son and family around me and seeing me receive the trophy. In 1996, the selection trials were held in May for the selection to represent Australia at the Asian Championship, this was very successful. At the Invitation Competition later this year held in Petersburg in Russia we won two gold medals at the international level the winners were Lydia and Bertie. Then we went to Barcelona for a World Junior Championship, it had been a long time since my first opportunity to be member of the national team official. Our juniors were superb having the competition in the Barcelona Olympic Stadium was the highlight, as always as a team official I took my job seriously, one of the incident that happened at the competition stayed with me for a long time to come, as the team was preparing to support one of our competitors at one of the courts, I volunteered to stay with the team's belongings, however Mr CHO the head of the team and the most senior in Australia, said no, and I should support them and he will sit down and look after everything around here. This simple gesture stayed with me for all these years, I believe that it showed the character of the man even with the senior grading.

As now Taekwondo was going to be a demonstration support and aiming to be a full medal support in 2000 in Sydney, the competition and participation has increased enormously. Our biggest and probably most important time come about after the unification, I decided with Andrew (my son) to open up of full-time centre which I was fortunate enough to find at Glen Waverley above the railway station, which was the most suitable place anywhere, we were probably one of the first clubs to implement safety procedures by putting competition mats down on the floors and mirror walls. The access from the railway station becomes one of our most successful strategies. Not long after this I was introduced to Grand Master SUH who was organising competitions participation in Korea for the Korean open in 1999, I decided to team of instructors and students over to see and experience and be able to show at the places that I have visited in my early days of training. Greg Butterworth, Bronwyn Butterworth and David Atkinson were amongst other students that came with us. As the head of the team that time I experience something that be waiting for a very long time Grandmaster SUH introduced me to many of the senior

instructors and dignitaries and I was invited to Mr Oscar OH house for dinner with other head of the team members from around the world.

At the competition I was very honoured and delighted to be able to present medals. At the competition David Atkinson did excellent demonstration of Poomsae receiving a Silver medal which was a highlight of the highlights for me, he was brilliant. After coming back to Seoul we had a good time together going out for dinner and showing them the places, after the competition I showed the seniors the YMCA where my wife and I stayed in 1967 and all the surrounding areas, it was a memorable experience and I was delighted to be able to share it with my students. Coming after this it was very important to me having visited the Kukkiwon and having a meeting with Grand Master Chong-Woo LEE, explaining my situation I was put to the test, and also expanding his knowledge of my involvement in Australia by showing him my resume and involvement and previous experiences with him. Later I found out that I was awarded Jidokwan 8th Dan and this was the highest in Australia and definitely the highest non-Korean born, this recognition is one of my highlights of my life.

As the 2000 Olympic's were approaching a rapidly, I decided to try very hard training to sit for my 7th Dan Kukkiwon examination. The panel was put together from senior Grand Master's and instructors from the now called Taekwondo Australia. My grading examination included poomsae, board breaking, free fighting and self-defence. My partner at the grading was my son, I was very proud to be able to work within at the time I was promoted to the 7th Dan it was against the highest in Australia our Olympic preparation was great our student Tanya White was representing Australia in the heavyweight division. Her preparation was reasonable the team coach not knowing her complete history in the past was not quite the wily it should have been attending the Olympic Games was a great experience seeing the colourful as it has never been presented before front of my eyes. Our members attending the competition was fully supportive of all and our members in the Olympic team. We're all knew about them and therefore history from the past because some of am already practised in our club as well. The days to come we were very very proud of our competitors seeing the gold medal presented to one of our dear friends Lauren Burns and also silver medal too. Our club member the heavyweight was performing creditably and fortunately, which not too many outside this knew, she had an awful experience, which to overcome was a great personal achievement. Her father who was attending the competition after the first fight he had a heart attack. She had to take him to the hospital and come back and compete on the same day. At the time I was the senior vice president of the National organisation, and for my contribution to Taekwondo I was awarded the Sport Medal of Australia by the Prime Minister of Australia in 2001 again I have taken a team of competitors to the Korean Taekwondo festival. It was a great experience for my students to see the culture and some of the historical sites. Our result at the competition was third overall.

In 2004, I also took part in a special training course conducted by Grand Master Hae-Man PARK at the Kukkiwon, the letter of commendation from the President W K UHM for a great contribution to Taekwondo development and promotion.

In preparation for the 2005 World Championship, our club achieved one of the largest number of selected competitors to represent Australia. We had five members in the national team and two coaches, one of which was my son Andrew. The competition was a great success for Australia, two of our club members winning a bronze medals.

The new era is started in Taekwondo, the Poomsae competition, our preparation now began for the World Championship, it started a year earlier and we worked very hard as a team to be able to be a member of the Australian team these championships I have decided to work with the team to get the best result for them, the final result was that seven of our club members were selected to represent Australia in this prestigious competition. I was elected as the head of team, which I cherish forever. The competition was a great experience all our senior competitors got into the finals, which was a great result for Australia. But, the biggest thrill was seeing a club member who has been with the club over 35 years, receiving a silver medal for her effort, her name is Bronwyn Butterworth. She is a role model for all competitors at all ages, I was fortunate enough to attend and experience the promotion for higher Dan

grades conducted by the Kukkiwon, and having a meeting with Grand Master LEE. And the lecture conducted by him in regard to the application of the technique and Patterns and his great knowledge and also encouragement for future competitors. Grand Master LEE again acknowledged and recognised my contribution to Taekwondo after this competition, I was awarded the 9th Dan in Jidokwan, which is the highest rank anyone can receive from his Grand Master. Once again I am honoured to be in this position as the head instructor of Melbourne Taekwondo Centre, the leading club and one of the biggest and the most successful clubs in Australia with instructors and members some with over 35 years, as a colleague and my involvement in Taekwondo in over 45 years has taught me a lot, as one of the most senior and the longest practitioner in Australia.

A great joy and pride for me was the selection of eight club members successfully making the Australian team for the 2nd World Poomsae Championships in 2007.

I have taken my position very seriously as Taekwondo is an Olympic sport and also a way of life, which is the true meaning of "Do" in the word Taekwondo. For many of us we have a responsibility for future generations, we need to show young people the directions that they should take in life and encourage them, for they are no losers in life, only one's that are too scared to have a go, or find they have no time to improve themselves and take chances and have a go. The final outcome of this is best demonstrated in our club the Melbourne Taekwondo Centre where we have created a family atmosphere, where all ages can practice and participate in our programs as passionately families, where mothers and fathers can participate in the same activity as their children, and they have something to share. My motto is "The family that plays together stays together".

As the head instructor for the Club, I am in the fortunate position to oversee many hundreds of students taking part and achieving their goals and encouraging them to have a go, regardless of the end result. I am now 67 years old and still teaching six days a week and still enjoying it, and looking forward to the future with great expectations.

I believe Australia offers participants a great future, our multi-cultural society and tolerance for each other, and teaching our young people the same values.

Taekwondo can play a big part of this, breaking down the barriers between Male and Female participants, and believe that Taekwondo offers a healthy lifestyle and a family activity, which can for example lead some of them to represent Australia. I have always kept in mind that this country is giving me the opportunity and freedom. I always strived for the best and continue to encourage all my student's to do the same. I will continue to promote Taekwondo and I will aim for higher gradings for myself to show future generations that even at my age of 67 you can still achieve your goals if you're set your mind to it.

As I was fortunate enough to be able to teach many thousands of young and not so young Australians, and I believe "That there is no master without students to carry on the tradition". I am fortunate enough to have many students who I believe will carry on and maybe even take it to the next level, if I have achieved this then I believe that Taekwondo in Australia and in the Club are in very good hands.

# Taekwondo History

## Early Times

The Korean nation was founded when certain tribes migrated south from Mongolia and occupied the Korean Peninsula and what is now Southern Manchuria.

Earliest records of Korean civilisation dated 2333 B.C. mention music, dance and games at tribal festivals. Other records suggest that such games were usually of a martial nature and these could have contained the earliest elements of modern Taekwondo.

## PERIOD OF THE THREE KINGDOMS

### Goguryo (37 B.C. - 668 A.D.)

- Established in north of the peninsula and south-western Manchuria.
- Early forms of Taekwondo were known by a number of names including Subyokta, Byon, Tagyok, Taekyon, Harando, Subak-hui and Subak. The earliest record of this martial art can be found in murals on the sealing of a tomb known as Muyong-chong excavated near the location of the ancient Goguryo capital of Tungku.
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### Baekje (18 B.C. - 660 A.D.)

- Situated in the central and western area of the peninsula around the Han River basin.
- Both the "History of the Three Kingdoms" and the "Sui China Chronicles" record that the Baekje kings encouraged the practice of martial arts including archery, sirum (traditional Korean wrestling) and Subak-hui (a forerunner of modern Taekwondo).
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### Shilla (57 B.C. - 935 A.D.)

- Shilla occupied the south-east portion of the Korean Peninsula, along the Nagdong River.
- Shilla was originally the weakest and smallest of the three kingdoms, having the smallest territory and population. Surrounded by hostile enemies, Shilla developed a warrior system known as Hwarangdo (pronounce "Wharungdo") which became the basis of its military strength and went on to defeat both Baekje and Goguryo to form the unified nation of Korea in 668 A.D.
- The Hwarangs (pronounced Wharungs) were drawn from the noble families of Shilla and underwent both physical and philosophical training to cultivate the martial spirit of Hwarangdo. The use of violence without morality was frowned upon and virtues of charity, generosity and compassion and all humanitarian ideals were held in high esteem.

The following ethical precepts were central to the system of Hwarangdo:

1. Loyalty to one's country
2. Obedience to one's parents
3. Loyalty to one's friends
4. Refusal to retreat from enemy attack
5. Abstention from the senseless killing of any living thing

These same high moral standards have been carried through and are also central to the practice of modern Taekwondo.

There is strong evidence to suggest that the Hwarangdo practised an early form of Taekwondo. Relief carvings in Bulguksa Temple in the province of Kyongju, at the entrance to the Sukguran Grotto, show figures of warriors in Taekwondo stance. These are known as "Gumgang Yoksa" or "the Warriors of Golden Strength". Poomse Gumgang takes its name from these figures as does the movement Gumgang Makgi.



## **THE KORYO DYNASTY (918 A.D. - 1392 A.D.)**

Under the Koryo Dynasty Taekwondo took a position of greater social and military significance. At this time it was known as Subak or Subak-hui and came to be practiced as a sport with systemised rules.

Contests were held before the King with the prize being promotion of military rank. Subak was regarded a privileged activity during the Koryo Dynasty and restricted to military circles.

It is from the name Koryo that the English word "Korea" was derived.

The Koryo period is famed for it's cultural achievements, particularly the Koryo ceramics.

The people of this time were renowned for their valiant spirit with which they overcame Mongolian aggression.

## **THE YI DYNASTY (1392 A.D. - 1920 A.D.)**

During the Yi dynasty Subak was no longer restricted to the military but was once more open to practice by the general public. Historical documents record tournaments being held between Chungchong and Jolla provinces at the village of Chakji.

However it's military application was not lost and records of the Hideyoshi Invasion of 1592 show that some 700 soldiers of the Gumsan region fought the Japanese using Subak. Skill in Subak was also required as part of certain military tests.

In 1790 King Chongjo commissioned General Yi Dok-Mu to write a martial arts textbook. The book was 40 pages long and one of it's major chapters was devoted to a detailed description of techniques and stances in Subak. Towards the end of the Yi Dynasty the importance of Subak began to decline due to political disturbances and feuding but was retained as a recreational activity for civilians.

## **MODERN TIMES (1920 A.D. - PRESENT)**

- With the annexation of Korea by the Japanese in 1920, the practice of any martial art by the Korean people was outlawed. Nevertheless some continued to practice in secret.
- In 1945, with the liberation of Korea, a number of Koreans tried to revitalise the traditional Korean martial art of Subak.
- In 1946 the first conference was held to discuss the stronger development of this art by integrating the various kwans or schools.
- In 1961 the modern term "Taekwondo" was adopted and the Korean Taekwondo Association formed.
- In early 1972 the Australian Taekwondo Association was formed.
- In late 1972 Kukkiwon was dedicated as the world Taekwondo headquarters
- In mid 1973 the first World Taekwondo Championships were held. World championships are now held every 2 years with Asian Championships held each year in between.
- In late 1973 the World Taekwondo Federation was formed. Australia was a foundation member.
- In October 1975 Taekwondo was admitted into the General Association of International Sports Federations.
- In July 1980 the World Taekwondo Federation was recognised by the International Olympic Committee. Taekwondo was played as a demonstration sport at the Seoul and Barcelona Olympics.
- In August 1994 Taekwondo was admitted as a full Olympic sport for the Sydney 2000 Olympics.
- In 2006 the first World Poomsae Championships were held. These championships are now held yearly.

# Poomsae

Poomsae or patterns is a method of solo training in which the individual practices and perfects various movements in systematic patterns, using techniques against imaginary opponents. In this way the Taekwondo practitioner is able to apply his technical knowledge and develop speed, power, balance, grace and a sense of timing.

Because Poomsae is practiced without a partner, the individual is able to immerse himself and focus totally on his own performance, without distraction. Thus he develops not only physical skills but also depth of concentration, dedication and a strong, positive mental attitude which in turn lead to the development of the mental discipline, the single mindedness and the strength of character which are a part of the Taekwondo spirit.

## Taeguk Poomsae

Poomsae Taeguk is a set of forms named after the ancient symbol of the universe, which represents an oriental philosophy for the inter-relationship between various natural phenomena. Literally, "Taeguk" means "The Great Absolute" and embodies the dual principle of "Um" and "Yang". (more commonly known in English by the Chinese term "Yin" and "Yang".)

"Taeguk" is represented by a circle evenly divided into two identical sequin shaped halves. This is often referred to in Western Society by it's Japanese name, Ying/Yang, but it's Korean name is Um/Yung. The upper half, Yung, being red and the lower half, Um, blue.

The two halves are inter-locked in perfect balance representing the central concept of the Taeguk philosophy, that within the sphere of the universe, within the sphere of infinity, there is constant movement whilst maintaining balance and harmony between opposites.

Yung represents all of the active forces of nature and Um all of the passive ones. Together they represent the duality of the universe: male and female, positive and negative, light and dark, sun and moon, construction and destruction, heat and cold, etc.

The chief characteristics of Poomsae Taeguk are the co-ordination of breathing and action, and the correct adjustment of balance with the rapid execution of each movement.

## Poomsae Koryo

Poomsae Koryo is named after the Koryo Dynasty, which ruled the Korean Peninsula from 918 A.D. to 1392 A.D. The English word "Korea" is derived from the name of this dynasty. The Koryo period is famous for it's cultural achievements, particularly the Koryo Ceramics. The people of this period were renowned for their valiant spirit with which they overcame Mongolian aggression.

Poomsae Koryo symbolises "a learned man", characterised by a strong martial spirit as well as the spirit of a righteous man.

The line of Poomsae Koryo represents the Chinese letter "seonbae" which means "a learned man" or "a man of virtue" in the Korean language. Every movement of Poomsae Koryo should reflect the strength of conviction and will of the learned man.

# Poomsae Koryo – Terminology

## Remember:

- say the stance you are in before you say any hand techniques
- if you kick before your next stance, say the kick first
- if you do not step before changing hand techniques, you do not need to say the stance again

STEP	STANCE or KICK		HAND TECHNIQUE	
	ENGLISH	KOREAN	ENGLISH	KOREAN
Junbi	Ready Stance	Nahrahn Sogi	Push a Barrel	Tong Milgi
1	Back Stance	Dit Goobi	Double Knifehand Block	Sonnal Momtong Mukgi
2	Double Side Kick	Godup Yop Chugi		
	Front Stance	Up Goobi	Reverse Knifehand Centre Punch	Sonnal Bukgut Mok Chigi Momtong Jiroogi
	Back Stance	Dit Goobi	Body Block	Momtong Mukgi
3	Back Stance	Dit Goobi	Double Knifehand Block	Sonnal Momtong Mukgi
4	Double Side Kick	Godup Yop Chugi		
	Front Stance	Up Goobi	Reverse Knifehand Centre Punch	Sonnal Bukgut Mok Chigi Momtong Jiroogi
	Back Stance	Dit Goobi	Body Block	Momtong Mukgi
5	Front Stance	Up Goobi	Single Knifehand Lower Block	Hun Sonnal Areh Mukgi
			Y Hand	Khal Jebi
6	Front Kick	Up Chugi		
	Front Stance	Up Goobi	Single Knifehand Lower Block	Hun Sonnal Areh Mukgi
			Y Hand	Khal Jebi
7	Front Kick	Up Chugi		
	Front Stance	Up Goobi	Single Knifehand Lower Block	Hun Sonnal Areh Mukgi
			Y Hand	Khal Jebi KIHUP
8	Front Kick	Up Chugi		
	Front Stance	Up Goobi	Catch & Knee Break	Moorup Gyoki
9	Front Stance	Up Goobi	Cleaving Minor Outside Block	Un Polmok Momtong Hechyo Mukgi
10	Front Kick	Up Chugi		
	Front Stance	Up Goobi	Catch & Knee Break	Moorup Gyoki
11	Short Stance	Up Sogi	Cleaving Minor Outside Block	Un Polmok Momtong Hechyo Mukgi
12	Horseriding Stance	Joochoom Sogi	Single Knifehand Side Block	Hun Sonnal Momtong Yop Mukgi
			Target Punch	Pyojok Jiroogi
13	Front Twisted Stance	Up Gowa Sogi		
	Side Kick	Yop Chugi		
	Front Stance	Up Googi	Sprearhand to Groin	Pyon Songyoot Areh Jechiyo Dziroogi
14	Short Stance	Up Sogi	Lower Block	Areh Mukgi
15	Short Stance	Up Sogi	Downwards Palm Block	Batangsong Noolo Mukgi
	Horseriding Stance	Joochoom Sogi	Side Supported Elbow Strike	Pulgoop Yop Chigi
16			Single Knifehand Side Block	Hun Sonnal Momtong Yop Mukgi
			Target Punch	Pyojok Jiroogi

*Continued on next page*

# Poomsae Koryo – Terminology

*Continued from previous page*

STEP	STANCE or KICK		HAND TECHNIQUE	
	ENGLISH	KOREAN	ENGLISH	KOREAN
17	Front Twisted Stance	Up Gowa Sogi		
	Side Kick	Yop Chugi		
	Front Stance	Up Googi	Sprearhand to Groin	Pyon Songyoot Areh Jechiyo Dziroogi
18	Short Stance	Up Sogi	Lower Block	Areh Mukgi
19	Short Stance	Up Sogi	Downwards Palm Block	Batangsong Noolo Mukgi
	Horseriding Stance	Joochoom Sogi	Side Supported Elbow Strike	Pulgoop Yop Chigi
20	Feet Together	Moa Sogi	Hammerfist Lower Target Strike	Me Joomok Areh Pyojok Chigi
21	Front Stance	Up Goobi	Reverse Knifehand Strike	Sonnal Bukgut Mok Chigi
			Single Knifehand Lower Block	Hun Sonnal Areh Mukgi
22	Front Stance	Up Goobi	Knifehand Strike	Sonnal Mok Chigi
			Single Knifehand Lower Block	Han Sonnal Areh Mukgi
23	Front Stance	Up Goobi	Knifehand Strike	Sonnal Mok Chigi
			Single Knifehand Lower Block	Han Sonnal Areh Mukgi
24	Front Stance	Up Goobi	Y hand	Khal Jebi KIHUP
Junbi	Ready Stance	Nahrahi Sogi	Push a Barrel	Tong Milgi

Practice your terminology every time you practice your poomsae for yourself at home to ensure you are confident when you do your grading.

Speak loudly and clearly when you do your poomsae with terminology.

Hesitations, “um”ing and “ah”ing can prove costly on grading day!

# First Aid

Check back through your Red Belt syllabus for links to St. John's information about First Aid.

Relearn all of the information about:

- Strains
- Sprains
- R.I.C.E method
- DRS. ABCD method

# Kyorugi (Sparring) Competition Rules

Check back through your Red Belt syllabus for links to the current rules regarding Kyorugi competition

Relearn all of the information about:

- Permitted techniques
- Permitted areas
- How many points for:
  - Kick or Punch to Body
  - Turning Kick to Body
  - Kick to Head
  - Turning Kick to Head
- Kyong-go penalties
- Types of Kyong-go penalties
- Gam-jeom penalties
- Types of Gam-jeom penalties

# Etiquette

Go back through the entire syllabus and revise all of the etiquette from Yellow Belt up!

# Terminology

While it is not essential to know all of your terminology from previous gradings, make sure you know all of the basic words from the Yellow Belt gradings:

- Attention
- Ready
- Bow
- Start
- Finish
- Return
- Break
- Continue
- Relax
- Counting to 10

# Practice Questions

**These are the questions most commonly asked at a Black Belt Grading.**

1. Briefly describe the period of the 3 Kingdoms

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2. Who were the warriors of the Shilla Kingdom?

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3. What were the 5 ethical precepts of these warriors?

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4. Tell us about your favourite part of Grand Master Rozinszky's history in your own words

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5. Who are the Master Instructors of Melbourne Taekwondo Centre?

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6. How would you teach the following techniques to a beginner?

Front Stance

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Back Stance

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Horseriding Stance

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Front Kick

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Side Kick

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Punch

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Double Knifehand Block

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7. What is the meaning of Poomsae Koryo?

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8. How long have you been practicing Taekwondo and why did you start?

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9. Do you help out in class and have you competed in any competitions or participated in any seminars?

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10. How do you see yourself in the future in Taekwondo?

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# Dan/Poom Promotion Assessment

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Age: \_\_\_\_\_ years old

Current Grade: \_\_\_\_\_ Kup/Poom/Dan

Proposed Grade: \_\_\_\_\_ Poom/Dan

Current Certificate No.: \_\_\_\_\_

Date of Issue: \_\_\_\_\_

						Max. Points	Score
<b>Poomsae</b>	Taeguk 7					100	
	Taeguk 8					100	
	Koryo					100	
<b>Hunbon Kyorugi</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	100	
<b>Hosinsul</b>	Bare Hand					100	
	Against Club					100	
	Against Knife					100	
<b>Kyorugi</b>	No contact		Light contact			100	
<b>Gyokpa</b>	Board 1	Hand	Foot		50		
	Board 2	Hand	Foot		50		
<b>Theory</b>	Terminology					50	
	General Knowledge					50	
<b>Pass Mark: 700 points</b>						Total	

Examiner's Name: \_\_\_\_\_

Rank: \_\_\_\_\_ Dan

Date: \_\_\_\_\_

Examiner's Signature: \_\_\_\_\_

# Dan/Poom Promotion Assessment

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Age: \_\_\_\_\_ years old

Current Grade: \_\_\_\_\_ Kup/Poom/Dan

Proposed Grade: \_\_\_\_\_ Poom/Dan

Current Certificate No.: \_\_\_\_\_

Date of Issue: \_\_\_\_\_

						Max. Points	Score
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	Taeguk 8					100	
	Koryo					100	
<b>Hunbon Kyorugi</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	100	
<b>Hosinsul</b>	Bare Hand					100	
	Against Club					100	
	Against Knife					100	
<b>Kyorugi</b>	No contact		Light contact			100	
<b>Gyokpa</b>	Board 1	Hand	Foot		50		
	Board 2	Hand	Foot		50		
<b>Theory</b>	Terminology					50	
	General Knowledge					50	
<b>Pass Mark: 700 points</b>						Total	
						Pass or Fail	

Examiner's Name: \_\_\_\_\_

Rank: \_\_\_\_\_ Dan

Date: \_\_\_\_\_

Examiner's Signature: \_\_\_\_\_

# Dan/Poom Promotion Assessment

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Age: \_\_\_\_\_ years old

Current Grade: \_\_\_\_\_ Kup/Poom/Dan

Proposed Grade: \_\_\_\_\_ Poom/Dan

Current Certificate No.: \_\_\_\_\_

Date of Issue: \_\_\_\_\_

						Max. Points	Score
<b>Poomsae</b>	Taeguk 7					100	
	Taeguk 8					100	
	Koryo					100	
<b>Hunbon Kyorugi</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	100	
<b>Hosinsul</b>	Bare Hand					100	
	Against Club					100	
	Against Knife					100	
<b>Kyorugi</b>	No contact		Light contact			100	
<b>Gyokpa</b>	Board 1	Hand	Foot		50		
	Board 2	Hand	Foot		50		
<b>Theory</b>	Terminology					50	
	General Knowledge					50	
<b>Pass Mark: 700 points</b>						Total	
						Pass or Fail	

Examiner's Name: \_\_\_\_\_

Rank: \_\_\_\_\_ Dan

Date: \_\_\_\_\_

Examiner's Signature: \_\_\_\_\_

# 심사신청서

## Application for Promotion Test

								증명사진 1매 풀로 붙이세요	
국적 Nationality (Citizen)		주소 Address				Tel		1 ID-size photo attach with paperclip	
						e-mail			
성명 Name	이름 First	생년월일 Date of Birth		년 Year	현단(품) Current Grade		응심단(품) Dan/Poom applied for		
	Middle	Date of Birth		월 Month	단(품)증번호 Dan Certificate No.				
	성 Last	Date of Birth		일 Day	발급일자 Date of Issue				성별 Sex
본인은 국기원 승단(품) 심사에 응하고자 이에 신청서를 제출합니다. I submit this application to the Promotion Board of KUKKIWON for a Promotion Test. 신청일자 : 신청인 : Date of application : Applicant : 상기자를 국기원 승단(품) 심의에 추천합니다. I honestly recommend the above person as a well-qualified applicant for the promotion test of Dan/Poom grades.									
국가 country	협회/도장명 Name of Association/Dojang			추천사범성명 Recommended by					
협회/도장주소 Address of Association/Dojang				추천사범 단번호 또는 생년월일 Recommender's Dan Certificate No or Date of Birth					
Tel/ Fax/ e-mail		/ /							
국기원장 귀하 To: President KUKKIWON(World Taekwondo Headquarters)									