



# 1st Dan Black Belt

## For International accreditation

From SMA Black Belt to 1st Dan/Poom Black belt

### What is a 1st Dan or 1st Poom black belt?

An internationally accredited black belt holder has a 'Dan certificate' (over 15 yrs) or a 'Poom certificate' (under 15 yrs) issued by World Taekwondo (WT) headquarters in Seoul, Sth Korea known as the 'Kukkiwon'.

Each Dan or Poom holder is registered directly with the Kukkiwon as part of a world wide fraternity of millions. Dan holders have a gold stripe embroidered on their belt as a symbol of their Dan rank while Poom holders have a white stripe.

### How do you get a 1st Dan or 1st Poom black belt?

All Kukkiwon certificate applications are acquired through our national body, Australian Taekwondo Ltd (AT). The only people who can apply for a Kukkiwon certificates are 4<sup>th</sup> Dan and higher registered and qualified AT 'Head Instructors' such as Gwangjangnim Michelle Moss who is currently registered as a 5<sup>th</sup> Dan Kukkiwon Master Instructor.

The Shire Martial Arts Curriculum that you are about to complete or have just completed has put you in a position where you can go to any other WT Taekwondo school anywhere in the world and know that your knowledge, skill level and standard is at a high level.

As a 'Shire Martial Arts Black Belt' you have a strong foundation of kicking and hand techniques, self defence, sparring, poomsae and theory. So now, it's time to focus on your technical skills, the last few Poomsae and the Theory that the WT association and the Kukkiwon require for your international accreditation!

It is totally up to you as to how long it takes to pass this international accreditation test. You might want to do it when you do your last Cho Dan Bo Tip Test. Or, it might take you a week, month or a year or more after receiving your SMA Black Belt.

Whatever it takes, as an SMA Black belt we will keep working with you to get through this next critical learning stage. Therefore, in order for us to allocate the appropriate time that is required to work with you we need to **BOOK IN a time and a day** for your practice and individual coaching as well as to perform and pass the theoretical component.

**Remember, if you are not sure about something... ASK!**

### How to get your 1st Dan/Poom Black belt

- 1) Become an SMA Black belt
- 2) Book yourself into an SMA Dan Assessment
- 3) Print the SMA 'Dan Score Sheet for International Assessment' and bring it in on the assessment day (see page 2 below)
- 4) Pay for the Kukkiwon Certificate Fee (ask at the administration desk). This fee is sent off to Australian Taekwondo Ltd who process the application before sending it to the Kukkiwon in Sth Korea.

#### Note:

Applications take from 6-12 weeks. The 'Kukkiwon certificate' is your international accreditation from the Taekwondo World Headquarters.



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## Score Sheet For International accreditation

Name: .....

### From SMA Black Belt to 1st Dan/Poom Black belt

Print & bring in this score sheet to your test. For photos, explanations and videos of all Poomsae log into the 'Black Belt Section' on the SMA web site: [www.shiremartialarts.com.au](http://www.shiremartialarts.com.au).

<b>Examined Technique</b>	<b>Points</b>
<b>SMA Basic Movement Drill</b>	
Entire Drill (See notes below) <span style="float: right;">(total 100 points)</span>	
<b>Patterns (Poomsei)</b>	
Taeguk 1 (Taeguk Il Jang) <span style="float: right;">(total 100 points)</span>	
Taeguk 2 (Taeguk E Jang) <span style="float: right;">(total 50 points)</span>	
Taeguk 3 (Taeguk Sam Jang) <span style="float: right;">(total 100 points)</span>	
Taeguk 4 (Taeguk Sa Jang) <span style="float: right;">(total 100 points)</span>	
Taeguk 5 (Taeguk O Jang) <span style="float: right;">(total 50 points)</span>	
Taeguk 6 (Taeguk Yuk Jang) <span style="float: right;">(total 100 points)</span>	
Taeguk 7 (Taeguk Chil Jang) <span style="float: right;">(total 100 points)</span>	
Taeguk 8 (Taeguk Pal Jang) <span style="float: right;">(total 100 points)</span>	
Poomsei Koryo <span style="float: right;">(total 100 points)</span>	
<b>Theory</b>	
<p style="text-align: center;"><b>Written Essay: 'What achieving the goal of black belt means to me'</b></p> <p>Minimum 1300 words typed on 2 pages or 3 hand written A4 pages <b><u>submitted on the day of tip test</u></b></p> <p style="text-align: right;">(total 50 points)</p>	
<b>Terminology</b>	
<p>Demonstrate Taeguk 0 Jang and name each move by using Terminology.</p> <p>10 points deducted for each mistake:</p> <p style="text-align: center;">1)..... 2)..... 3)..... 4)..... 5).....</p> <p style="text-align: right;">(total 50 points)</p>	

Total points: ..... = ..... % Pass mark = 70%

Assessment approved by ..... Date: .....



## Complete Basic Movement Drill

<b>LEFT Rising block, RIGHT Rising block to LEFT Middle punch to RIGHT Middle punch (Gihap)</b>
<b>LEFT Low block, RIGHT Low block to LEFT Middle punch to RIGHT Middle punch (Gihap)</b>
<b>LEFT Outside block, RIGHT Outside block to LEFT Middle punch to RIGHT Middle punch (Gihap)</b>
<b>LEFT Inside block, RIGHT Inside block to LEFT Middle punch to RIGHT Middle punch (Gihap)</b>
<b>LEFT Single knife hand block to side in back stance pushing into left Forward stance, right Middle punch, left High punch (Gihap),</b>
<b>RIGHT Single knife hand block to side in back stance pushing into right Forward stance, left Middle punch, right High punch (Gihap)</b>
<b>Low cleaving block in Horse riding stance facing front (in 10 seconds)</b>
<b>RIGHT Low punch, LEFT Middle punch, RIGHT High punch (Gihap)</b>
<b>Knife hand block in back stance to LEFT side to Knife hand block in back stance to RIGHT side (Gihap)</b>
<b>RIGHT Knife hand strike (palm up) to LEFT Knife hand strike (palm up) to front (Gihap)</b>
<b>Crossed wrist block (Starting from RIGHT side)</b>
<b>RIGHT Back fist to LEFT Back fist (Gihap)</b>
<b>Cleaving block</b>
<b>LEFT Knife hand strike (palm down) to RIGHT Knife hand strike (palm down)</b>
<b>Assisted RIGHT Elbow strike to the side to Assisted LEFT Elbow strike to the side (Gihap)</b>
<b>RIGHT Curving elbow Target strike to right Back fist to Double punch (Gihap)</b>
<b>LEFT Curving elbow Target strike to left Back fist to Double punch (Gihap)</b>
<b>RIGHT Batangson Low block to LEFT Batangson Low block</b>
<b>RIGHT Scissor block to LEFT Scissor block</b>
<b>RIGHT Knife hand strike in Back stance to right side (palm down) to LEFT Knife hand strike in Back stance to left side (palm down)</b>
<b>RIGHT Rising elbow into right Hammer fist to the front (Gihap) to LEFT Rising elbow into left Hammer fist to the front (Gihap)</b>
<b>RIGHT Gumgang Makgi in crane stance (in 10 seconds) to LEFT Gumgang Makgi in crane stance (in 10 seconds)</b>
<b>RIGHT Ridge hand LEFT Batangson, RIGHT Kal Jebi (Gihap)</b>
<b>On the command "Gumon" Slide RIGHT foot back into Choombi stance</b>

Note: Judging criteria is based on 1) Knowledge of technique 2) Execution 3) Confidence. Please refer to notes below



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Side

'A'      'C'      'B'  
          'D'

### Choombi

1. Moving LF 1/4 turn L to 'A', L Ap Gubi, L Arae Makgi.
2. Moving LF, Wen Sohgi, LH pull across body, L Me Jumok Chigi.
3. Moving RF 1/2 turn R to 'B', R Ap Gubi, R Arae Makgi.
4. Moving RF, Orun Sohgi, RH pull across body, R Me Jumok Chigi.
5. Moving LF 1/4 turn L to 'C' L Ap Gubi, L An Momtong Makgi, R An Momtong Makgi.
6. R Ap Chagi stepping into R Ap Gubi R Dung Jumok Chigi, L An Momtong Makgi.
7. L Ap Chagi stepping into L Ap Gubi L dung Jumok Chigi, R An Momtong Makgi.
8. Moving RF forward One step forward R Ap Gubi, R Dung Jumok Chigi.
9. Moving RF 3/4 turn L to 'B' R Dit Gubi L Han Sonnal Makgi.
10. Moving RF one step forward R Ap Gubi R palgub Chigi.
11. Moving RF 1/2 turn R to 'A' L Dit Gubi R Han Sonnal Makgi.
12. Moving LF one step forward L Ap Gubi L Palgub Chigi.
13. Moving LF 1/4 turn L to 'D' L Ap Gubi L Arae Makgi, R An Momtong Makgi.
14. R Ap Chagi stepping into R Ap Gubi, R Dung Jumok Chigi, L An Momtong Makgi.
15. Moving LF 1/4 turn L to 'B', L Ap Gubi, L Olgul Makgi.
16. R yop Chagi & R Yop Jirugi simultaneously, stepping into R Ap Gubi, L Palgub Pyojok Chigi.
17. Moving RF 1/2 turn R to 'A', R Ap Gubi, R Olgul Makgi.
18. L Yop Chagi & L Yop Jirugi simultaneously, stepping into L Ap Gubi, R Palgub Pyojok Chigi.
19. Moving LF 1/4 turn to 'D' L Ap Gubi, L Arae Makgi, R An Momtong Makgi.
20. R Ap Chagi springing forward landing in Dit Goa Sohgi, R Dung Jumok Chigi. (Gihap)  
Gumon. Moving LF return to starting position.



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<b>Pyojok Chigi</b> - Target strike	<b>Dung Jumok Chigi</b> - Reverse fist strike (back fist)
<b>Murop Chigi</b> - Knee Strike	<b>Me Jumok Chigi</b> - Hammer fist strike
<b>Du Jumok Jaechyo Jirugi</b> - Two handed inverted waist punch	<b>Bakgat Hu-re-yo Chagi</b> - Outside Swinging kick
<b>Otgoro Makgi</b> - Crossed wrist block	<b>Heycho Makgi</b> - Cleaving block
<b>Arae Heycho Makgi</b> - Low cleaving block	<b>Gumon</b> - Finish
<b>Batangson Makgi</b> - Heel of hand block	<b>Shyo</b> - Rest
<b>Nulllo Makgi</b> - Pushing down block	<b>Gihap</b> - Concentrated effort (shout)
<b>Yop Jirugi</b> - Side punch	<b>Olgul Makgi</b> - Face block
<b>Moa Sohgi</b> - Attention (toes and heels together)	<b>Bakgat Makgi</b> - Outside block
<b>Bom Sohgi</b> - Cat stance	<b>An Makgi</b> - Inward block
<b>Ap Goa Sohgi</b> - Front twisted stance (stopping motion from side)	<b>Arae Makgi</b> - Low block
<b>Dit Goa Sohgi</b> - Back twisted stance (stopping forward movement)	<b>Ap Chagi</b> - Front kick
<b>Wen Sohgi</b> - Left Stance	<b>Nae-ro Chagi</b> - Axe kick
<b>Orun Sohgi</b> - Right Stance	<b>Dolyo Chagi</b> - Turning kick
<b>Narrani Sohgi</b> - At ease (Feet parallel and shoulder width apart)	<b>Yop Chagi</b> - Side kick
<b>Joo-chum Sohgi</b> - Horseriding stance	<b>Gawi Makgi</b> - Scissor block
<b>Ap Sohgi</b> - Walking stance or short stance	<b>An Hu-re-yo Chagi</b> - Inside Swinging Kick
<b>Olgul</b> - Face/high	<b>Nakgo Chagi</b> - Hook kick
<b>Momtong</b> - Body/middle	<b>Olgul Chagi</b> - High kick
<b>Arae</b> - Low	<b>Didio Ap Chagi</b> - Jumping front snap kick
<b>Momtong Makgi</b> - Body block	<b>Arae Jirugi</b> - Low Punch
<b>Poomsei</b> - Patterns	<b>Dung Sonnal Chigi</b> - Ridge Hand strike
<b>Jurugi</b> - Sparring	<b>Batangson Chigi</b> - Heel of Hand strike
<b>Gyokpa</b> - Board breaking	<b>Kal Jebi</b> - Swallow hand strike
<b>Hanbon jurugi</b> - One step sparring	<b>Palgub Chigi</b> - Elbow strike
<b>Hosinsul</b> - Self defence	<b>Momtong Jirugi</b> - Middle Punch
<b>Murop Chigi</b> - Knee strike	<b>Olgul Jirugi</b> - High Punch
<b>Han Sonnal Makgi</b> - Single knife hand block	<b>Baro Jirugi</b> - Regular Punch (same arm same leg)
<b>Sonnal Momtong Makgi</b> - Knife hand body block (using both hands)	<b>Bandae Jirugi</b> - Reverse Punch (opposite arm to leg)
<b>Sonnal Chigi</b> - Knife Hand strike	<b>Du-bon Jirugi</b> - Double Punch
<b>Arae Hey-cho Makgi</b> - Low cleaving block	<b>Yop Jirugi</b> - Side Punch
<b>Bakgat Sonnal Chigi</b> - Outside Knife Hand strike (palm facing down)	<b>Olgul Dolyo Chagi</b> - High Turning kick
<b>An Sonnal Chigi</b> - Inside Knife Hand strike (palm facing up)	<b>Olgul Yop Chagi</b> - High Side kick



### For Poomsae and Basic Movement Drill

The examination will be for your:

1. Knowledge of each technique
2. Execution of each technique and combination
3. Confidence in the way you execute each technique and combination

### **All of the moves must be done in the following manner**

- Co-ordinate your body action with breathing on every move.
- Ensure that you forcibly breathe IN through the nose on the WIND UP of each move and OUT through the mouth on the exact moment of application.
- Use a 'Gihap' on attacking moves and a sharp concentrated breath with defensive moves.
- As well as this, simultaneously use both arms to exaggerate 'Push & pull' preparation before EVERY move.
- Ensure each technique has the correct range of motion by demonstrating a clear beginning middle and end.
- Work out where the 'speed' and 'power' techniques are.
- Ensure each technique has a 'snap' at the end.
- Look before you change direction
- Make the first and last moves the strongest

### **Poomsae Notes**

- Ensure that you do the 'Choombi' stance properly at the beginning and end of the Poomsae
- If you make a mistake, don't say anything. Just go back to Choombi then start again when you are ready. Do not rush!

### **Theory:**

- Do not get ANY help from anyone else.
- Your essay should be in your own words.
- This is not a spelling, grammar or punctuation test. Any such mistakes will have no bearing on your score.
- 1300 words is the minimum. You should easily be able to fit this onto two pages. If you use large fonts, large headings, excessive margins, headers or footers you will be marked down significantly.
- Poomsae terminology should be said in the way it is written to you best ability.