

## **KORYO – TERMINOLOGY**

### **Naranhi Sogi – Tong Milgi Junbi Sogi**

Dit gubi – sonnal momtong makgi Godup yop chagi – up gubi – sonnal bakgat mok chigi momtong jirugi – dit gubi – momtong makgi	LEFT
Dit gubi – sonnal momtong makgi Godup yop chagi – up gubi – sonnal bakgat mok chigi momtong jirugi – dit gubi – momtong makgi	RIGHT
Up gubi – han sonnal arae makgi – kaljobe Up chagi – up gubi – han sonnal arae makgi – kaljobe Up chagi – up gubi – han sonnal arae makgi – kaljobe – (kiup) Up chagi – up gubi – murup gokgi	FRONT
Up sogi – an palmok momtong hechyo makgi Up chagi – up gubi – murup gokgi Up sogi – an palmok momtong hechyo makgi	BACK
Juchum sogi – han sonnal momtong yop makgi – pyojok jirugi Up goa sogi – yop chagi	LEFT
Up gubi – pyong songut jaechyo djirugi Up Sogi – arae makgi Up sogi – batangson nullo makgi Juchum sogi – palgub yop chigi Han sonnal momtong yop makgi – pyojok jirugi Ap gao sogi – jop chagi	RIGHT
Up gubi – pyon songut jaechyo gjirugi Up sogi – arae makgi – up sogi – batangson nullo makgi Juchum sogi – palgub yop chigi	LEFT
Moa sogi (feet together, hands from above head around) me jumok – arae pyojok chigi	FRONT
Up gubi – han sonnal bakgat mok chigi Han sonnal area makgi	BACK
Up gubi – han sonnal mok an chigi Han sonnal area makgi	
Up gubi – han sonnal mok chigi Han sonnal arae makgi	
Up gubi – kaljobe (Kiup) Kuman	

## PUMSEI GUMGANG – 2<sup>nd</sup> Dan

### **Junbi Naranhi Sogi - Gibon Junbi Sogi**

1. Moving LF, one step forward to 'C'  
L ap gubi, an palmok momtong hechyo makgi
2. Moving RF, one step forward  
R ap gubi, R batangson tok chigi
3. Moving LF, one step forward  
L ap gubi, L Batangson tok chigi
4. Moving RF, one step forward  
R ap gubi, R batangson tok chigi
5. Moving RF, one step back  
R Dit Gubi, L han sonnal momtong an makgi
6. Moving LF, one step back  
L dit gubi, R han sonnal momtong an makgi
7. Moving RF, one step back  
R dit gubi, L han sonnal momtong an makgi
8. Lifting LF  
R hakdari sogi, gumgang makgi (slowly)
9. Placing LF down, still facing 'C'  
Juchum sogi, L kun dol-djogi
10. Moving RF first, two ½ turns L to 'A'  
Juchum sogi, L kun dol-djodi
11. Lifting RF, ½ turn to L, stepping towards 'C'  
Juchum sogi, facing 'A'  
Santul makgi (kiup)
12. Moving LF, ½ turn to R  
Juchum sogi, facing 'B', an palmok momtong hechyo makgi
13. Moving LF  
Naranhi Sogi, area hechyo makgi (slowly)
14. Lifting LF, ½ turn R  
Juchum sogi facing 'A'  
Santul makgi
15. Lifting RF, ¼ turn R to face 'C'

L hakdan Sogi, gumgang makgi (slowly)

16. Placing RF down  
Juchum sogi, R kun dol-djogi
17. Moving LF first, two ½ turns R to 'B'  
Juchum Sogi, R kun dol-djogi
18. Lifting RF  
L Hakdan sogi, gumgnag Makgi (slowly)
19. Placing RF down  
Junchum sogi, R kun dol-djogi
20. Moving LF first, two ½ turns R to 'B'  
Junchum sogi, R kun dol-djogi
21. Lifting LF, ½ turn R stepping towards 'C'  
Juchum sogi facing 'B'  
Santul Makgi (Kiup)
22. Moving RF  
Juchum sogi, facing 'A'  
An palmok momtong hechyo makgi
23. Moving RF  
Naranhi sogi, area hechyo makgi (slowly)
24. Lifting RF, ½ turn L  
Juchum sogi facing 'B'  
Santul makgi
25. Lifting LF, ¼ turn L to face 'C'  
R hakdari sogi, gumgang makgi
26. Placing LF down  
Juchum sogi, L Jun dol-djogi
27. Moving RF first, two ½ turns L t 'A'  
Juchum sogi, L kun dol-djogi
28. Moving LF, return to starting position – Guman

Directions: A = the left wall when facing the front  
B = the right wall when facing the front  
C = the front wall  
D = the back wall

## PUMSEI TAEBECK – 3<sup>rd</sup> Dan

### **Junbi Naranhi Sogi, Gibon Junbi Sogi**

1. Moving LF,  $\frac{1}{4}$  turn L to 'A'  
L bom sogi, sonnal hechyo arae makgi
2. R ap chagi, stepping down  
R ap gubi, momtong du bon jirugi
3. Moving RF,  $\frac{1}{2}$  turn R to 'B'  
R bom sogi, sonnal hechyo area makgi
4. L ap chagi, stepping down  
L ap gubi, momtong du bon jirugi
5. Moving LF,  $\frac{1}{4}$  turn L to 'C'  
L ap gubi, jebi pum mok chigi
6. Whilst stepping forward on the RF  
RH describes holding and pulling action  
R ap gubi, momtong baro jirugi LH
7. Whilst stepping forward on the LF  
LH describes holding and pulling action  
L ap gubi, momtong baro jirugi RH
8. Whilst stepping forward on the RF  
RH describes holding and pulling action  
R ap gubi, momtong baro jirugi (LH) (kiup)
9. Moving LF,  $\frac{3}{4}$  turn L to 'B'  
R dit gubi, gumgang momtong makgi  
Danggyo tok jirugi  
L yop jirugi
10. Lifting LF  
R hakdari sogi, R dol-djogi
11. L yop chagi & L yop jirugi  
L ap gubi, R palgub pyojok chigi
12. Moving LF, feet together, facing 'D'  
Moving RF,  $\frac{1}{4}$  turn R to 'A'  
L dit gubi, gumgnag montong makgi  
Danggyo Tok Jirugi  
R yop jirugi

13. Lifting RF  
L Hakdari sogi, L dol djogi
14. R yop chagi & R yop jirugi  
R ap gubi, L palgub pyojok chigi
15. Moving RF, feet together  
Moving LF,  $\frac{1}{4}$  turn L to 'D'  
R dit gubi, L sonnal momtong makgi
16. Moving RF one step forward  
R ap gubi, goduro pyon songut djirugi
17. Pulling R wrist to escape, and  
Pivoting on RF, turn L to 'D' again  
R dit gubi, L dung jumok bakgat chigi
18. Moving RF, one step forward  
R ap gubi, momtong bandae jirugi (RH) kiup
19. Moving LF,  $\frac{3}{4}$  turn L to 'A'  
L ap gubi, gawi makgi
20. R ap chagi, stepping down  
R ap gubi, momtong du bon jirugi
21. Moving RF,  $\frac{1}{2}$  turn R to 'B'  
R ap gubi, gawi makgi
22. L ap chagi, stepping down  
L ap gubi, momtong du bon jirugi
23. Moving LF, return to starting position - Guman

Directions:     A = the left wall when facing the front  
                   B = the right wall when facing the front  
                   C = the front wall  
                   D = the back wall

## **Examination Syllabus: 1<sup>st</sup> Poom & Dan**

Please note Examiners Discretion may be exercised.  
The tasks below are a minimum requirement

<b>Poomse</b>	1. – 4. (Minimum of 4 taeguk poomse) 5. Koryo	5 pts each 10 pts	(total 30 pts)
<b>Yaksok Kyorugi</b>	1. One step sparring 2. Two or three step sparring (minimum of 5 techniques per defence)		(total 10 pts)
<b>Kyorugi</b>	Non contact		(total 10 pts)
<b>Hosinsul</b>	1. Three different wrist techniques (own choice) 2. Two different strangulation (own choice) 3. Five self defence (own choice)		(total 20 pts)
<b>Gyokpa</b>	Senior: combination break 3 different targets (own choice) Junior: combination break 3 different targets (own choice) (junior's feet only)		(total 10 pts)
<b>Theory</b>	1. Terminology 2. Poomse application 3. General knowledge 4. History 5. Etiquette	5 pts 5 pts   above three items total 10 pts	(total 20 pts)
			Total 100 pts

**PASS MARK = 70%**

## **Examination Syllabus: 2<sup>nd</sup> Poom & Dan**

Please note Examiners Discretion may be exercised.  
The tasks below are a minimum requirement

<b>Poomse</b>	1. - 3. (Minimum of 3 taeguk poomse) 4. Koryo 5. Gumgang	5 pts each 5 pts 10 pts	(total 30 pts)
<b>Yaksok Kyorugi</b>	1. One step sparring 2. Two or three step sparring (minimum of 5 techniques per defence)		(total 10 pts)
<b>Kyorugi</b>	Non contact		(total 10 pts)
<b>Hosinsul</b>	1. Three different wrist techniques (own choice) 2. Two different strangulation (own choice) 3. Seven self defence (own choice) 4. Against knife 2 attacks 5. Against short stick 2 attacks		(total 20 pts)
<b>Gyokpa</b>	Combination break 3 different targets (own choice)		(total 10 pts)
<b>Theory</b>	1. Terminology 2. Poomse application 3. General knowledge 4. History 5. Etiquette	5 pts 5 pts   above three items total 10 pts	(total 20 pts)
			Total 100 pts

**PASS MARK = 70%**

## **Examination Syllabus: 3<sup>rd</sup> Poom & Dan**

Please note Examiners Discretion may be exercised.  
The tasks below are a minimum requirement

<b>Poomse</b>	1. – 2. (Minimum of 2 taeguk poomse)	5 pts	(total 30 pts)
	3. Koryo	5 pts	
	4. Gumgang	10 pts	
	5. Taeback	10 pts	
<b>Yaksok Kyorugi</b>	1. One step sparring		(total 10 pts)
	2. Two or three step sparring (minimum of 5 techniques per defence)		
<b>Kyorugi</b>	Non contact		(total 10 pts)
<b>Hosinsul</b>	1. Three different wrist techniques (own choice)		(total 20 pts)
	2. Two different strangulation (own choice)		
	3. Eight self defence (own choice)		
	4. Against knife 3 attacks		
	5. Against short stick 3 attacks		
<b>Gyokpa</b>	Combination break 4 different targets (own choice)		(total 10 pts)
<b>Theory</b>	1. Terminology	5 pts	(total 20 pts)
	2. Poomse application	5 pts	
	3. General knowledge		
	4. History		
	5. Etiquette	above three items total 10 pts	
			Total 100 pts

**PASS MARK = 70%**

## **Examination Syllabus: 4<sup>th</sup> Poom & Dan**

Please note Examiners Discretion may be exercised.  
The tasks below are a minimum requirement

<b>Poomse</b>	1. (Minimum of 1 taeguk poomse)	5 pts	(total 30 pts)
	2. Koryo	5 pts	
	3. Gumgang	10 pts	
	4. Taeback	10 pts	
	5. Pyongwon	10 pts	
<b>Yaksok Kyorugi</b>	1. One step sparring		(total 10 pts)
	2. Two or three step sparring (minimum of 5 techniques per defence)		
<b>Kyorugi</b>	Non contact		(total 10 pts)
<b>Hosinsul</b>	1. Three different wrist techniques (own choice)		(total 20 pts)
	2. Two different strangulation (own choice)		
	3. Nine self defence (own choice)		
	4. Against knife 3 attacks		
	5. Against short stick 3 attacks		
<b>Gyokpa</b>	Combination break 4 different targets (own choice)		(total 10 pts)
<b>Theory</b>	1. Terminology	5 pts	(total 20 pts)
	2. Poomse application	5 pts	
	3. General knowledge		
	4. History		
	5. Etiquette	above three items total 10 pts	
			Total 100 pts

**PASS MARK = 70%**

