



Remember, graduation is not really a test only of student, but a test of instructor and student.

Everything starts with respect.

Meaning of Curriculum

This curriculum contains the Moo Duk Kwan techniques needed for our students to qualify for a specific grade. Students, having previously graduated, must show improvement in controlling the techniques required for lower grades.

Kireugi is not WTF match. Kireugi may be free fight without contact and without protection, light/semi-contact with protection or fight against one, two or more opponents etc. Protective gear use may be boxing gloves, leg / foot splints, helmet, tooth protector, crotch protector and chest protector for women (required).

Poomse Taegeuk Hyung is not WTF technique championship. Poomse Taegeuk Hyung are complex combinations of techniques where there are correct impact points for all techniques and where techniques can vary from person to person - from application to application. Focus and understanding of applications - breathing, coordination, direction" see where you are going", power, agility, balance, speed, movement between stands and harmony.

Test

Important

The curriculum and graduation should not be a scare factor or a punishment or just a new belt. The goal is to provide a good experience, guidance and planning for students' further development.

The Sabumnim, appointed as responsible for the test, has the last word in all matters about graduation and is ultimately responsible for approving the graduation process.

Graduation overall

The curriculum is not a checklist but a guideline for the examination nor is a graduation a matter of a passed or failed exam. The examiner (or censor) is permitted to assess individually per student whether the performance is satisfactory in relation to the curriculum. In addition, a graduation is about pushing the students, so the instructor and chief instructor can see, if the development of the students follows the focus that has been in training since the last graduation and possibly which focus areas should be implemented in the time going forward.



Development of a student can be divided into the following steps:

1. Execution. The individual ability and technical level of the student is taken into account when performing the required techniques.
2. Understanding. The technique must be performed with a certain understanding of application, health and DO.
3. Completed. The technique is performed with basic understanding of:
 - a. Breath
 - b. Power
 - c. Target point
 - d. Position
 - i. Start position
 - ii. Movement
 - iii. End position
4. Combined. Understanding of performing the technique either as a stand-alone technique or in combination with other techniques (before or after).
5. Adaptation. The technique is performed correctly appropriately adjusted to distance to target (short and long technique)
6. Variations. There can be different variations of all techniques.
7. Movement in technique. Relax, tense, balance, speed and harmony of these.
8. Body movement understanding. Hip movement, bent knees, movement on front of the foot – to name a few.

In addition, techniques may vary from person to person - from application to application.

All in all, the curriculum is the student's "compass" for what has been taught during training sessions and with the understanding that techniques are perfect first, second or third time (perfection comes with repetitions and experience). Age and disabilities are also factors that the examiner must take into account.



Decision regarding nomination and graduation assessment

Below is a list of assessments to include when students need to be nominated and graduated. For each belt, there will be more and more weight on each of the following elements:

- Technical curriculum.
- Application.
- Theory.
- DO.
- Blue belt and up - Fight.
- 3. Gup and up – Breaking.
- 1. Gup and up – Teaching.
- Technical health.
- Technical age.

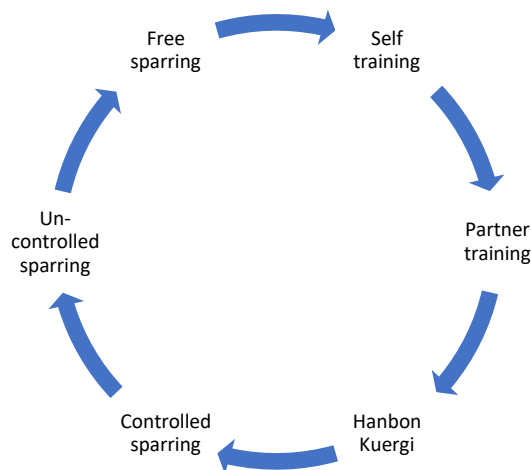


Philosophy of application evolution

We use 6 levels of development and understanding of applications.

1. Self-training. Do the movements of the application with extra focus on the basic points with big movements. An application can be performed in many ways – slow, fast, big movements or short/small movements. Focus here should be – If you can do it slow, you can also do it fast.
2. Training with partner. Training the application, where you control the partner.
3. Hanbon kuergi. Still controlled, but now you must react when the partner decides to attack.
4. Controlled sparring. You move around each other and when you count, your partner will do the attack and you must do the application.
5. Un-controlled sparring. You move around each other and without count, your partner will do the attack and you must do the application. Still only one attack and one application.
6. Free sparring. During a free sparring, when the attacker will do the specific attack, you must do the application.

During the six levels of training the application, new applications can appear and then the process starts from the top again.



Evolution of application is now a wheel that over time will create and develop more applications, it will strengthen existing application and ensure our heritage.

Happy training
Best regards
Allan Frost
Sabumnim
MooDukKwan/MudoGajok (Martial Art Family)



9. Gup White belt with yellow line

Stance	
Korean	English
Joochoom-seogi	Horse stance
Apkoobi	Long/deep stance
Apseogi	Short/high stance
Gibon-joonbi-seogi	Ready stance
Hand	
Korean	English
Arae hechymakki	Wedge block, low section
Arae-makki(Naeryo-makki)	Block, low section
Momtongmakki	Block, middle section
Eolgulmakki(Ooligy-makki)	Block, high section
Eolgul jireugi	Punch, high section
Momtong jireugi	Punch, middle section
Arae jireugi	Punch, low section
Kick	
Korean	English
Apchooligy	Downward stretched axe kick
Bakat-chagi	Outward stretched kick
An-chagi	Inward stretched kick

Knowledge of Ke Cho Hyung Il Boo



8. Gup Yellow belt

Stance	
Korean	English
Pyeonhi-seogi	At ease stance
Moa-seogi	Feet together stance / closed stance
Naranhi-seogi	Parallel stance
Hand	
Korean	English
Momtong anmakki	Block, middle section (Opposite leg and arm)
Momtong bakatmakki	Outward block, middle section
Bandae jireugi	Punch over leg in front
Baro jireugi	Punch (Opposite leg and arm)
Sonnal eolgul bakat-chigi	Outward knife hand
Anpalmok momtong bakatmakki	Inner forearm outward block, middle section
Sonnal eolgul anchigi	Inward knife hand, high section
Doo bon momtong jireugi	Double punch, middle section
Kick	
Korean	English
Baldeung dollyo-chagi	Roundhouse instep kick
Ap-chagi	Front kick
Naeryo-chagi	Downward stretched axe kick from bend leg

Kids

Ke Cho Hyung Il boo (Yellow belt)
 Poomsae Taeugek Il Jang (Yellow belt with green line)
 Knowledge on Han bon kireugi

Adults

Ke Cho Hyung Il boo
 Taeugek Il Jang
 Poomsae Taegeuk Ee Jang (Knowledge)
 Knowledge on Han bon kireugi



7. Gup Green belt

Stance	
Korean	English
Dwit-koobi	Side stance (back stance)
Na-chooeo-seogi	Deep stance
Hand	
Korean	English
Hanssonal jebipoom mok-chigi	Inward knife hand strike against neck (Opposite leg and arm)
Hanssonal momtongmakki	Single knife hand block, middle section
Jebipoom mok-chigi	Swallow technique (Block and strike)
Batangson momtong nulleomakki	Downward block with hand root, middle section
Hanssonal momtong yeopmakki	Single knife hand side block, middle section
Kick	
Korean	English
Bandal-chagi	Half moon kick
Apchook dollyo-chagi	Roundhouse kick with ball of foot
Mileo-chagi	Pushing kick

Kids

Ke Cho Hyung Ee boo (Green belt)
 Poomsae Taeugek Ee Jang (Green belt with blue line)
 Knowledge on Han bon kireugi

Adults

Ke Cho Hyung Ee boo
 Poomsae Taeugek Ee Jang
 Poomsae Taegeuk Sam Jang (Knowledge)
 4 Han bon kireugi



6. Gup blue belt

Stance	
Korean	English
Oreun-seogi	Right stance
Oen-seogi	Left stance
Hand	
Korean	English
Me-jumeok momtong naeryo-chigi	Downward punch hammer fist
Palkoop dollyo-chigi	Circular elbow strike
Palkoop pyojeok-chigi	Elbow spot strike
Pyeonson-keut seweo chireugi	Spear finger thrust (vertical hand position)
Kick	
Korean	English
Yeop-chagi	Side kick
Dwit-chagi	Back kick
Beodeo-chagi	Bend-stretch kick (stretching kick)
Jijjigki	Stamp / tramp / pulverize

Kids

- Ke Cho Hyung Sam boo (Blue belt)
- Poomsae Taeugek Sam Jang (Blue belt with green line)
- 4 Han bon kireugi

Adults

- Ke Cho Hyung Sam boo
- Poomsae Taeugek Sam Jang
- Poomsae Taegeuk Sah Jang (Knowledge)
- 6 Han bon kireugi



5. Gup blue belt with red line

Stance	
Korean	English
Ap-koa-seogi	Forward cross stance
Dwit-koa-seogi	Support stance (Backward cross stance)
Hand	
Korean	English
Hanssonal eolgul biteureomakki	Twisting block with single knife hand
Eolgul bakatmakki	Outward block, high section
Deung-jumeok ap-chigi	Back knuckle strike (bridge)
Yeop-jireugi	Side punch
Batangson momtongmakki	Hand root block, middle section
Kick	
Korean	English
leo-chagi	Two identical kicks in a row (different legs)
Seokeo-chagi	Two different kicks in a row (same leg)
Twieo-chagi	Jumping front kick (front leg)
Twieo-baggueo-chagi	Jumping front kick (rear leg)
Goolleo-chagi	Stamping kick
leo seokeo-chagi	Same as leo-chagi, but different kicks
Momdollyo-chagi	Turn back kick (stretched leg)
Hooryo-chagi	Thrashing kick / Swing kick (stretched leg)
Biteureo-chagi	Twisting kick (Outside roundhouse kick)

Kids

Pyung Ahn Cho Dan Hyung (Blue belt with red line)
 Poomsae Taeugek Sah Jang (Blue belt with two red line)
 5 Han bon kireugi

Adults

Pyung Ahn Cho Dan Hyung
 Poomsae Taeugek Sa Jang
 Poomsae Taegeuk Oh Jang (Knowledge)
 8 Han bon kireugi



4. Gup red belt

Stance	
Korean	English
Beom-seogi	Tiger stance
Hand	
Korean	English
Batangson geodureo momtong anmakki	Hand root block with support (opposite arm / leg)
Momtong hechyomakki	Outward separate blockage
Geodeureo deung-jumeok eolgul apchigi	Front stroke (reverse knuckle) with support
Eolgul bakatchigi	Outward strokes
Batangson momtong anmakki	Hand root block (opposite arm / leg)
Kick	
Korean	English
Geodeup chagi	Two kicks same leg
Pyojeok-chagi	Spot kick
Nakeo chagi	Hook kick

Kids

Pyung Ahn Ee Dan Hyung (Red belt)
 Poomsae Taeugek Oh Jang (Red belt with blue line)
 6 Han bon kireugi
 Sam bon kireugi

Adults

Pyung Ahn Ee Dan Hyung
 Poomsae Taeugek Oh Jang
 Poomsae Taeugek Youk Jang (Knowledge)
 10 Han bon kireugi
 2 Sam bon kireugi



3. gup red belt with 1 black line

Stance	
Korean	English
Poom seogi: Bojumeok joonbi-seogi	Covered fist ready stance
Hand	
Korean	English
Geodeureo momtongmakki	Middle section block with support
Geodeureo araemakki	Low section block with support
Eotgeoreo araemakki	Low section cross hand block
Gawi makki	Scissors block
Doo jumeok jecheo jireugi	Double punch with upright turned fist
Kick	
Korean	English
Doo-baldangsang chagi	2 flying front kick, where the first kick is a "trick kick" – knee kick
Mooreupchigi	Knee kick

Kids

- Pyung Ahn Sam Dan Hyung (Red belt with 1 black line)
- Poomsae Taeugek Youk Jang (Red belt with 1 black line and 1 blue line)
 - 7 Han bon kireugi
 - Sam bon kireugi

Adults

- Pyung Ahn Sam Dan Hyung
- Poomsae Taeugek Youk Jang
- Poomsae Taegeuk Chil Jang (Knowledge)
 - 12 Han bon kireugi
 - 5 Sam bon kireugi



2. gup red belt with 2 black lines

Stance	
Korean	English
Dwichook-moa-seogi	Heels together (greeting stand)
Hand	
Korean	English
Sonnal araemakki	Low section knife hand block
Hanssonal araemakki	Low section single knife hand block
Oe-santeul makki	Single hand mountain block
Dan-gyo teok jireugi	Pull with on hand and do uppercut with the other
Palkoop naeryochigi	Downward elbow strike
Palkoop olryeochigi	Upward elbow strike
Kick	
Korean	English
Twieo ieo-chagi	Same kick after each other twice flying

Kids

- Pyung Ahn Sa Dan Hyung (Red belt with 2 black line)
- Poomsae Taeugek Chill Jang (Red belt with 2 black line and 1 blue line)
 - 8 Han bon kireugi
 - 3 Sam bon kireugi

Adults

- Pyung Ahn Sa Dan Hyung
- Poomsae Taeugek Chil Jang
- Poomsae Taegeuk Pal Jang (Knowledge)
 - 14 Han bon kireugi
 - 7 Sam bon kireugi



1. Gup red belt with 3 black lines

Stance	
Korean	English
Poom seogi: Tongmilgi joonbi-seogi	Push ready stance
Hand	
Korean	English
Pyojeok-jireugi	Target strike
Palkoop yeop chigi	Elbow strike to the side
Me jumeok arae pyojeokchigi	Low section downside of fist target strike
Mooreup keokki	" Break knee"
Anpalmok hechyomakki	Separate block with the inner side of arms
Pyeonsonkeut jechyo-chireugi	Finger punch with palm up
Kaljebi	Punch/Strike towards throat
Kick	
Korean	English
Twieo bagguego chagi	Flying kick with back leg

Kids

Pyung Ahn Oh Dan Hyung (Red belt with 3 black line)
 Poomsae Taeugek Pal Jang + Nai Han Ji Cho Dan Hyung (Red belt with 3 black line and 1 blue line)
 10 Han bon kireugi
 5 Sam bon kireugi

Adults

Pyung Ahn Oh Dan Hyung
 Poomsae Taeugek Pal Jang
 Poomsae Koryo (Knowledge)
 15 Han bon kireugi
 10 Sam bon kireugi



Dan grades

1. Dan

Poomsae Koryo

Bas Sa Hee (Bassai dai) Hyung

Nai Han Ji Ee Dan Hyung

2. Dan

Poomsae Keumgang

Jin Do Hyung

3. Dan

Poomsae Taebaek

Lo Hai Hyung

Nai Han Ji Sam Dan Hyung

(Knowledge to Kong Sang Koon Hyung)

4. Dan

Poomsae Pyongwon

Sip Soo Hyung

Kong Sang Koon Hyung

5. Dan

Poomsae Sipjin

Sei Shan Hyung

Yuk Ro Cho Dan

(Knowledge to Wang Shu Hyung)

6. Dan

Poomsae Jitae

Wang Shu Hyung

Ji-On Hyung

Yok Ro Ee Dan



무도 가족

Martial Art Family 26. juni 2022

7. Dan

Poomsae Chonkwon

O Sip Sa Bo Hyung

Hwa Sun Hyung

Yuk Ro Sam Dam

8. Dan

Poomsae Hansu

9. Dan

Poomsae Ilyeo



Theory

Korean	English
RCTKD	Richard Chun (Great Grandmaster) Taekwondo
Jumeok	Fist
Jireugi	Punch coming from the hip
Chagi	Kick
Ap	Front
An	Inner side/inward
Bakat	Outer side/outward
Arae	Low section
Momtong	Middle section
Eolgul	High section
Charyeo	Attention stance
Kyeongne	Bow
Joonbi	Ready stance
Keuman	Stop and back to ready stance
Dirro dorra	180-degree turn
Zuu	Rest
Do bok	Taekwondo traditional suit
Do jang	Taekwondo room for training
Toga-nim	Instructor below 1. dan
Kyosa-nim	Instructor 1-3 dan
Sabum-nim	Instructor 4. dan and over
Kukki jedeharjo kyeongne	Bow to the flag
Son	Hand
Sonnal	Knife hand
Baldeung	Wrist
Dwichook	Underside of heel
Chigi	Strike from shoulder
Dollyo	Circle/Round
Poom	Basic technique
Poomse	Basic technique put together
Hanna	One (1)
Dul	Two (2)
Set	Three (3)
Net	Four (4)
Il	First (1.)
Yi	Second (2.)
Pal	Arm
Palmok	Under arm
An-palmok	Inner side of the under arm
Bakat-palmok	Outer side of the under arm



Korean	English
Apchook	Football
Balnai	Knife foot
Jebipoom	Swallow technique
Mok	Neck
Yeop	Side
Tasut	Five (5)
Sam	Third (3.)
WT	World Taekwondo federation
ETU	European Taekwondo Union
Deung-jumeok	Upper side of fist
Sewoon-jumeok	Vertical fist position
Batangson	Hand root
Son-deung	Hand back
Son-keut	Fingertips
Pyeunson-keut	Finger punch
Balbadak	Foot sole
Chireugi	Punch
Doo bon	2 or double punch
Mileo	Push
What is and what is the meaning of "Kihap" ?	Fight shout - Ki = energy, hap = collect
Yusot	Sex (6)
Sah	Fourth (4.)
Hvad betyder poomse ?	Basic technique together in application pattern
Shijak	Begin/start
Kalyeo	Stop/" Break"
Gyesok	Continue
Mit-palmok	Underside of lower arm
Me-jumeok	Underside of fist
Palkoop	Elbow
Dari	Leg
Mooreup	Knee
Pyojeok	Point
Ilkup	Seven (7)
Oh	Fifth (5.)
Apchook-moa-seogi	Toes together stance
Anchong-seogi	Resistance (feet inward)
Balkeut	Toe tips
Dwikoomchi	Hell
Mom	Body
Jodul	Eight (8)
Yook	Sixth (6.)
Pyeon jumeok	Cat fist
Doo jumeok	Double fist



Korean	English
Bo jumeok	Covered fist
Gomson	Bear fist
Mo-seogi	Point stance
Geodeureo	Support
Eotgeoreo	Cross
Gawi	Scissors
Ahope	Nine (9)
Jool	Teen (10)
Chill	Seventh (7.)
Bamjumeok	Chestnut fist
Balnaldeung	Inner side of foot
Mo-joochoom-seogi	Point horse stance
Ap-joochoom-seogi	Short horse stance
Teok	Chin
Dangyo	Pull
Santeul	Mountain
Oe-santeul	Half mountain
Pal	Eighth (8.)
Jibge jumeok	Tweezer's fist
Sonnal deung	reverse knife hand
Gawison keut	Scissors finger punch
Hanson keut	Single finger punch
Moeun-dooson keut	Double finger punch
Moeun-seson keut	Three finger punch
An-chung-joochoom-seogi	Inward horse stance
Olryeo	Upward
Ko	Nineth (9.)
Ship	Tenth (10.)
Modeumson keut	Five finger punch
Keokki	Break
Agwison	The rounding between the thumb and forefinger
Kaljebi	Punch towards neck with agwison
Je chin pyeonsonkeut	Hand palm up
O-ja-seogi	T-stance
Gyottari-seogi	Support stance