

ENDURANCE

Taekwondo

Examination Syllabus: 1st Poom & Dan Grade

**Please note Examiners Discretion may be exercised
The below are just the minimum requirements**

Poomsae	Minimum 4 Taegeuk Poomsae koryo Palgwe 1 Koryo with Terminology	5pts each 10pts 5pts 5pts	
	Pre-requisit - Kibon Poomsae to Koryo High level understanding, technique and application		Total 35pts
Kyorugi	Non Contact		Total 5pts
Hosinsol	15 - 20 Self Defence techniques chosen at random Selected from grabs, strangles, strikes, Knife, stick ground defence - through to a complete finish		Total 20pts
Gyokpa	3 corner breaks - feet only		Total 10pts
	Theory & General Terminology Poomsae Application General Knowledge, History, Ettiquette	5pts 5pts 5pts	Total 15pts
			Total 100pts



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for life