

Student Manual



Sangrok World Taekwondo Academy, Australia

Unit 3, 54 Hoskins Street, Mitchell, ACT, 2912

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Changes to training due to Covid Restrictions

Please note this student manual is based on our regular operating guidelines. The following notes override any content of the student manual

ACT Chief Minister, Andrew Barr, announced that the ACT will be moving to Stage 2.2 of eased restrictions from 19 June 2020. Stage 2.2 allows for indoor training for groups of up to 100 people, while still maintaining 4 square metres of space per person and full-contact martial arts training is permitted.

The health and wellbeing of our students is our highest priority; therefore, we have made some adjustments to the way classes will be run at Sangrok.

RETURN TO TRAINING PLAN

Our current COVIDSafe training plan is published on the website. Please ensure you have read and understood the requirements for training. If you have any questions, please get in touch with a member of the Sangrok team.

REGISTERING FOR CLASSES

Students must pre-register for classes to ensure that we do not exceed the maximum number of people allowed in our dojang. Please read the instructions for registering for classes. If you do not have a unique member portal or log-in code, let someone from the Sangrok team know. Please note, if you don't pre-register for a class, you may be asked to leave.

Some of the key changes for Stage 2 training include:

- Students must arrive at the Sangrok dojang in their full taekwondo uniform. The bathroom will not be available for students to get changed (however the toilet will be available for students during the lesson).
- Students are required to arrive for class no earlier than the class start time (i.e. If the class starts at 5.30pm, students are to arrive at 5.30pm and no earlier) and to leave immediately following the end of the class. Parents are requested to drop off and pick students up from the upstairs dojang door but not enter the dojang.
- To maintain maximum student numbers and required social distancing, we are unable to accommodate spectators, parents or siblings in the dojang at this point.
- Please stay home if you are sick or you have a temperature over 38°C. Your temperature may be checked when you arrive at class.

Welcome to Sangrok World Taekwondo

Sangrok is a family orientated taekwondo club with a heavy emphasis on families of all ages training together.

Why Sangrok World Taekwondo Australia?

Sangrok is the Australian arm of the Sangrok World Taekwondo Academy, an international academy with gyms in England, Norway, US, Israel, Germany and India. The academy was created by Grand Master Chang in 1979 with the aim of spreading the practice and beliefs of Taekwondo to students outside of Korea.

Sangrok Australia was formed in 2014 by Master Pravin Bhatia in Canberra as a family friendly gym with a focus on families of all ages training together. Classes are open to all age groups and skills, which allows parents to train with their children in a fun and health activity. This is particularly useful for parents with children who might be nervous or would prefer to join in the activity with adults or older siblings.

In addition to the benefit of training together, **parents can grade for belts with their children**, helping and encouraging them through assessments. It also improves learning as parents are training alongside their children and technique can be practiced at home.

Sangrok has a **permanent facility** that is dedicated to taekwondo training. This provides a space that has been designed to deliver high quality martial art training, including a large training area with permanent matting, full length mirrors, and various types of equipment. Parents have access to small kitchenette and seating – but why not join in too! The facility is air conditioned, which certainly helps during the cold winter and hot summer days!

Sangrok is a **registered club and member of Australian Taekwondo**, the national organisation representing taekwondo in Australia. As a member of Australian Taekwondo, we are governed by a national governance framework, including policies relating to member and child safety, harassment and discrimination, and complaint handling. In addition, our instructors are bound by a coaching framework which requires all instructors to maintain an active first aid certificate and an ACT Working with Vulnerable People card.

As part of Sangrok, Master Pravin is under the direct tutelage of Chief Instructor Grand Master Chang (9th Dan Taekwondo, 8th Dan Hapkido) who leads Sangrok globally. This provides an opportunity for our students to train globally with other Sangrok clubs, as well as directly with one of the world's **most experienced taekwondo Grand Masters**. This lineage can be directly traced back to the initial formation of Taekwondo, to Jidokwan, which was one of the nine founding schools of Taekwondo. This ability to trace back our training, and experience, directly to taekwondo's Korean roots is rather unique within Australia.

'SANGROK' means **an ever-green tree** that is always growing and improving. It represents a cycle of constant renewal and growth. We believe that Taekwondo will be with us throughout our lives and that we should practice it accordingly.

Sangrok follows and endorses the **Kukkiwon** method of Taekwondo. The Kukkiwon is also known as World Taekwondo Headquarters; it is the home of the World Taekwondo Academy (WTA). The WTA is responsible for maintaining the Kukkiwon-style curriculum, promoting taekwondo education, training taekwondo instructors, and performing research related to taekwondo. More information can be found here: <http://www.kukkiwon.or.kr/front/pageView.action?cmd=/eng/introduce/introduce>

Like any skill, taekwondo requires **practice** and training. You will require a learning mindset, which Sangrok will help cultivate, but fundamentally, it is not up to your instructors to get you to any given grade. It's up to you. We will provide competent instruction, but you must put in the work. That's what the 'do' means in taekwondo!

Communication

Our primary method of communication is through the monthly newsletter, available under the *Student Area* on the Sangrok website, and via email. We also communicate through our Facebook and Instagram accounts.

The Sangrok website is also an excellent source of information. The *Student Area* of the www.sangrok.net.au website contains a rich source of information for students. Interactive videos and belt related guidance can be found in the *Secure Online Learning Area*. Please see an instructor for a password. Grading events and workshop attendance is through the Sangrok website.

Uniform

Our uniform is called a **dobok**. Most students are issued with a dobok during their trial with Sangrok. Doboks can be purchased from Sangrok for a small fee.

Doboks must be treated with great care and be clean and tidy at all times. Please ensure they are washed after every class. The belt you are issued must be worn with the dobok and should also be respected. Instructions on how to tie your belt can be found under *Sangrok Online Learning Area* under the *Student Area* on the Sangrok webpage.

During the Summer months (and when indicated by the instructors) Sangrok t-shirts may be optionally worn. These can be purchased from the online store on the [Sangrok website](http://www.sangrok.net.au). Belts must still be worn with these shirts. These shirts **must not** be worn at grading.

Personal Hygiene

Consideration of your fellow students is essential. Please:

- Remove jewellery prior to class including watches and fitness wristbands
- Trim your finger and toe nails regularly
- Wash your dobok after every training session
- Do not train if you are unwell

Etiquette

The following are basic rules of etiquette to assist new students:

- Always be on time for class
- Please remember to bow when entering and exiting the dojang
- Bow when entering and leaving the mats
- Do not interrupt your instructors and show respect to your fellow students
- No food, drinks, or gum
- Bring a positive attitude, an open mindset, and a willingness to try to each class
- Have respect for your training area and always help to keep the dojang tidy

Class Structure

Our classes encompass all aspects of taekwondo, including fitness, basic blocks, kicks and strikes, poomsae (forms), sparring and self defence. Each week there is a different training focus to ensure that students can learn and practice all areas of our curriculum.

The standard class is 60 mins, which is split into:

- Warm up: 10-15 mins.
- Lesson 1: 15-20 mins (including a drink break).
- Lesson 2: 15-20 mins.
- Cool down: 10-15 mins.

Students should be dropped and collected from the dojang. For safety, **students should not be meeting parents at their vehicles**. Please escort your child to class and assist them to sign in and ensure there is an instructor present before leaving. Signing in is critical as this is how we measure class attendance prerequisites for grading invitations.

Workshops

Workshops are used throughout the term to focus on certain areas over a 2-3-hour period. There is a benefit in training for multiple hours, as it allows increased focus on key areas. Early in the year, workshops are mostly focused on beginner and entry level students, however, by term 3 it is anticipated that intermediate and advanced workshops will commence as more students move to the higher grades. Workshops are advertised in the newsletter and via email.

Timetable and shutdown

Our current timetable is available on the website and changes are announced through the newsletter and via email. Please note that **all ages and all belts are welcome to all classes**, but the focus for that class may be on beginner foundation skills or more intermediate skills.

Our curriculum and grading structure are term based and aligns to the ACT school terms, however, **we continue to train with our regular timetable through the school holidays**. Sangrok is closed for 2 weeks over the Christmas and New Year period. We are **closed on public holidays**. Payments continue over this period.

The Sangrok Team

Grand Master Chang – Chief Instructor



Grand Master Chang began learning Taekwondo at the age of ten. His Master was Lee Jong-woo, who is now vice president of Kukkiwon. His first teaching job was in the military, where he was the Korean marines Taekwondo instructor and member of their competition team. When he left the military, Grand Master Chang opened the Sangrok gym in 1979 with the aim of spreading the practice and beliefs of Taekwondo to those outside Korea. There are now Sangrok gyms in England, Norway, US, Israel, Germany, Australia and India. Grand Master Chang is based in South Korea, and is represented in Australia by Pravin Bhatia.

Master Pravin Bhatia – Head Instructor



"Easy class today"

Master Pravin (5th Dan) has been training in Taekwondo since 1991 and is continuing his love for the martial art and sport by leading the instructing team at Sangrok Taekwondo. His journey in Taekwondo started under Master Killan Kapitan and Master Sujay Bangera when he was 15 years old. He spent the next seven years learning and practising the art. In 1998 Master Pravin achieved his 1st Dan Black Belt under Grand Master Chang Seong Dong, Director of Sangrok Korea.

In 2014, he started the Australian arm of Sangrok World Taekwondo Academy under the guidance of Grand Master Chang. Master Pravin now continues to train alongside the instructors at the Sangrok World Taekwondo Academy located in Mitchell. Master Pravin loves spending time on the mats with students imparting his knowledge. He believes it is not what you can do today but what taekwondo can help you achieve tomorrow.

Tripharn Teki – Senior Instructor



"Make them compliant"

Tripharn (3rd Dan) joined Sangrok when his then 3-year-old son was interested in starting a martial art. He was excited to join a family friendly club where everyone could train together. His wife and daughter now train together making taekwondo a weekly family activity.

Tripharn enjoys all aspects of Taekwondo, but is particularly focused on fitness, sparring and self-defence. He enjoys seeing families training together and can often be seen encouraging parents to join the training with their children.

Tripharn is also an Infantry officer in the Army Reserve having enlisted in 2000 and was the captain of the ACT Men's Netball team in 2017 and 2018.

Erin Barry and Libby Teki - Club Management



"If you don't kick each other, are you even friends?!"

Erin joined Sangrok with her daughters, Alex and Eloise. She was excited to find a family-friendly taekwondo club they would be welcome as a family. Erin grew up in Port Macquarie where she started taekwondo as a teenager. In her other life, she is a science teacher, (terrible) netballer, reader, beach goer and bushwalker. She says she can't leave Sangrok because the friends she has made there are too amazing.

After insisting it was not her thing, Libby was handed a uniform and told to jump on the mats and loved it (as so many other Sangrok parents have experienced)! Libby started her fitness journey as a personal trainer and studied exercise physiology and sports dietetics at university. In her spare time, she works as an epidemiologist and enjoys paint by numbers (adult ones of course) and reading. Libby has a passion for yoga and sports physiology, specifically working with women to help them reach their goals after having children.

Libby and Erin are passionate about being role models to their kids, but to also to demonstrate to other mums that if they can do it, anyone can.

Assistant Instructors and Junior Instructors

Sangrok has several assistant instructors that support our club and students through classes and gradings. All senior belts, regardless of age, support and guide their peers and junior belts as a part of their development and understanding of taekwondo.

Fee Structure

Our training fees are structured to allow families to train together, without the fear of breaking the bank. We offer a simple pricing model that allows students to train as much or as little as they like. Workshops, seminars and gradings may occur small additional fees.

In support of our ADF and Emergency Services, we offer a significant discount of 50% for you and your family. This offer is **strictly** limited to ADF and emergency service members and their immediate family. *Please note this does NOT include Department of Defence APS staff.*

We offer yearly scholarships as part of our partnership with the Pink Belt Project. The Pink Belt Project empowers women in need by offering a year of taekwondo training at their local club. If you are interested or know someone who might benefit, then please reach out to us. More information can be found at www.pinkbelt.com.au or [on our website](#).

Curriculum

Training at Sangrok is split into two separate curricula, one for children and one for adults. While children and adults train and grade together and the basic technique is the same, the assessment requirements for each are different. A summary of this curriculum can be found at the end of this section.

Sangrok understands that every student is different and some will find areas easier than others, due to a variety of factors (injuries, age, disability etc). We will work with students of all abilities to help them to achieve their martial arts goals to the best of their ability.

The curriculum has six core areas of focus, where each grade (Kup) requires a certain standard to be met in each core area. These six areas are:



























Poomsae

Kukkiwon defines poomsae as "the style of conduct which expresses directly or indirectly mental and physical refinements as well as the principles of offense and defence resulting from cultivation of Taekwondo spirit and techniques". At Sangrok, we use poomsae as a framework to train groups of students in the basics of taekwondo. At each grade (Kup), students learn and are assessed on a new pattern, which will introduce new kicks, blocks, strikes or stances. This approach allows a progressive introduction of techniques that increase in difficulty.

The following image details what the name of each pattern you should be learning based on your current belt.



Poomsae

| If you are a.... | You are learning.... |
|---|---|
|  White belt |  Kibon Poomsae |
|  Yellow belt 1 |  Il Jang - Taegeuk 1 |
|  Yellow belt 2 |  Ee Jang - Taegeuk 2 |
|  Yellow belt 3 |  Sam Jang - Taegeuk 3 |
|  Blue belt 1 |  Sa Jang - Taegeuk 4 |
|  Blue belt 2 |  Oh Jang - Taegeuk 5 |
|  Blue belt 3 |  Yuk Jang - Taegeuk 6 |
|  Red belt 1 |  Chil Jang - Taegeuk 7 |
|  Red belt 2 |  Pal Jang - Taegeuk 8 |
|  Red belt 3 |  Poomsae Koryo |
|  Cho Dan Bo |  Poomsae Koryo |
|  1st Dan |  Poomsae Keumgang |

Fitness

Fitness is an important component of martial arts, and encompasses cardiovascular fitness (endurance) and anaerobic (high intensity) fitness that includes speed, power, strength, and flexibility.

Fitness is a fundamental component of being able to achieve progress in any martial arts. A holistic approach to fitness, with additional training in the students' own time, will help to meet the student's goals.

Basics (Kicks, Striking, Blocking, Stances)

Taekwondo includes a range of basic movements, including kicks, strikes, blocks and stances. It can also include trips, throws, jumping, grabbing and other movements. The basics are mastered through repetition and drills.

Gyeokpa (Board Breaking)

Board breaking is a key component of taekwondo as it assesses students' strength, timing, and technique. Board breaking requires accurate and correct technique in combination with appropriate power.

Generally, we use reusable training boards during grading as the emphasis is on control and technique, rather than breaking actual wooden boards. We have a range of training boards with increasing resistance in breaking (yellow, blue, red, and black). As this is the case, the ability to break a yellow board is very easy with students as young as 3 years old managing to break training boards in the past.

During senior belt grading – i.e. Cho dan bo, students will be required to use wooden boards and there is a small fee to support the purchase.

Gyeorugi (Sparring)

Sparring allows students to test their skills in a controlled sporting environment against other competitors. Sparring brings together components of fitness, basics, strength, and mental toughness into a single environment. Finally, sparring has some variations in basic movements to improve a student's competitiveness in competition, these include variations in kicks, grabs, combinations, stances, and tactics within a match.

It is important that students have the confidence in themselves to test their skills in this manner. As students' progress through the curriculum, they will also need to have enough experience and knowledge to instruct more junior students who may be very interested in sparring. Therefore, it is vital that all students have a base knowledge in all core areas of taekwondo – including sparring.

If you are nervous or have any concerns then please talk to an instructor. We will work through mechanisms to build your confidence. The easiest way is to spar with an instructor or senior student, who will guide you through the process in a very safe manner. In the first few attempts, the instructor will not even kick back – so it is also an opportunity to just kick an instructor without repercussion!

You will minimally need your own mouthguard. The club has some protective equipment that can be shared, but we highly recommend you purchase your own protective equipment. Purchase of the equipment can be arranged through the club. If you choose to purchase your own equipment from another supplier please talk to your instructor first as only accredited (and safe) equipment is approved for competition and class.

Hoshinsul (Self Defence)

Taekwondo is a self defence martial art, where practitioners can use their skills to defend themselves. These skills are introduced through a controlled approach (Step Sparring), and through increasingly realistic real-life scenarios.

Step sparring is a series of drills where students learn how to use blocks, punches, kicks and other self-defence techniques in order to counter an opponent. They involve a set response to an attack and are not freestyle.

During these drills the defender must correctly demonstrate a prearranged set of techniques in order to pass. Step sparring can involve numerous steps by the attacker & defender and typically range from one step to three steps (the number of prearranged attacks and responses).

The adult curriculum has a strong focus on self defence throughout the higher grades, and increases the realism significantly over step sparring. Specifically, self defence varies from step sparring in several key areas, including:

- Scenario based.
- Striking distance is close enough to contact the defender.
- Range of attacks increase to include grabs and chokes.
- Inclusion of verbal insults in line with the scenario.
- Stance, strikes and technique modifications.
- Consideration of multiple attackers.
- Inclusion of different tactics, theory and application of taekwondo skills in a self defence scenario.
- Application of Poomsae

One of the key components of self defence is the application of poomsae. During the training, the focus is not simply about memorising set defences to set attacks, but understanding and interpreting the template (poomsae) that has been provided for the student. The training provides a range of theory, and example applications of poomsae for the student, but leaves the interpretation up to the student. A measure of success in the training, is being able to understand why a sequence of defence and attacks exists and how that might be used, rather than the ability to memorise steps without any depth in knowledge.

As part of the adult curriculum, senior students will be assessed on their ability to apply poomsae as part of a self defence scenario.

Adult Curriculum Summary

| Requirements for next belt. | | 10 th Kup (White) | 9 th Kup (Yellow 1) | 8 th Kup (Yellow 2) | 7 th Kup (Yellow 3) | 6 th Kup (Blue 1) | 5 th Kup (Blue 2) | 4 th Kup (Blue 3) | 3 rd Kup (Red 1) | 2 nd Kup (Red 2) | 1 st Kup (Red 3) |
|-----------------------------|----------------|---|---|---|---|---|---|---|---|---|---|
| Poomsae | Poomsae | Kibon | Taeguek Il Jang | Taeguek Ee Jang | Taeguek Sam Jang | Taeguek Sa Jang | Taeguek Oh Jang | Taeguek Yook Jang | Taeguek Chil Jang | Taeguek Pal Jang | Koryo |
| | | Pattern | | Significance | | Practical Use | | | Self Style | | |
| Fitness | Fitness | 5 x push up 5 x sit up 15s plank 30s TKD jog | 5 x push up 5 x sit up 15s plank 30s TKD jog | 10 x push up 10 x sit up 20s plank 30s TKD jog | 10 x push up 10 x sit up 20s plank 30s TKD jog | 15 x push up 20 x sit up 30s plank 45s TKD jog | 15 x push up 20 x sit up 30s plank 45s TKD jog | 20 x push up 30 x sit up 45s plank 60s TKD jog | 20 x push up 30 x sit up 45s plank 60s TKD jog | 25 x push up 40 x sit up 60s plank 90s TKD jog | 25 x push up 40 x sit up 60s plank 90s TKD jog |
| | | | | | | | | | | | |
| Basics | Kicks | Front, Axe, Side, Crescent, Turning | Improved technique | Improved technique | Back Side Kick, Hook Kick | Improved technique | Improved technique | Improved technique | Target Crescent, Back side. | Double Jump front. | Double side. |
| | Blocks | Low | High, Inside, Outside. | Improved technique | Improved technique | Double knifehand outward. | Improved technique | Low opening. High outward. | Scissor, Opening, Cross, Side, Low double knife-hand. | Augmented outside. Single mountain. | Palm heel. |
| | Strikes | Middle punch. | Improved technique | High punch. | Inward knife-hand. | Vertical fingertip, Swallow form knife-hand, Backfist | Hammerfist. Inward elbow. Elbow target | Improved technique | Double uppercut. Knee. | Improved technique | Arc hand, Knee break, Target punch, Low fingertip, Low hammerfist target. |
| | Stances | Ready, Long / Front | Short, Horse riding. | Improved technique | L / Back | Improved technique | Improved technique | Improved technique | Cat / Tiger Covered fist. | Improved technique | Cross. |
| Gyeokpa | Board Breaking | N/A | N/A | N/A | N/A | Introduction (Yellow board) | Elbow strike Front kick Side kick | Improved technique (Blue board) | Back side kick | Black board / 1cm wood | 1cm wood. No miss. |
| Gyeorugi | Controlled | N/A | N/A | Introduction | 1 x 60s Round | 2 x 60s rd | 3 x 60s rd | 3 x 60s rd | 3 x 60s rd | 3 x 60s rd | 3 x 60s rd |
| | Semi-free | N/A | N/A | N/A | Introduction | 1 x 60s rd | 1 x 60s rd | 2 x 60s rd | 2 x 60s rd | 3 x 60s rd | 3 x 60s rd |
| | Free-sparring | N/A | N/A | N/A | N/A | N/A | N/A | Introduction | 1 x 60s | 1 x 90s | 2 x 90s |
| Hoshinsul | Step sparring | N/A | Introduction | 3-step | 3-step | 2-step | 2-step | 2-step | 1-step | 1-step | Self Style |
| | Self Defence | N/A | N/A | N/A | N/A | Introduction | Straight arm Swinging arm | Circle v linear defence. | Wrist, Collar & Shoulder Grab. | Increased defence variations. | Self Style application of poomsae. |

Child Curriculum Summary (14 Years and Under)

| Requirements for next belt. | | 10 th Kup (White) | 9 th Kup (Yellow) | 8 th Kup (Orange) | 7 th Kup (Green) | 6 th Kup (Blue) | 5 th Kup (Purple) | 4 th Kup (Gray) | 3 rd Kup (Red) | 2 nd Kup (Brown) | 1 st Kup (Red / Black) |
|-----------------------------|--|---|---|---|---|---|---|---|---|---|---|
| Poomsae | Poomsae < 9 yrs old only do the first 8 steps. | Kibon | Taeguek Il Jang | Taeguek Ee Jang | Taeguek Sam Jang | Taeguek Sa Jang | Taeguek Oh Jang | Taeguek Yook Jang | Taeguek Chil Jang | Taeguek Pal Jang | Koryo |
| | | Pattern | | | | Significance | | | | Practical Use | |
| Fitness | Fitness | 5 x push up 5 x sit up 15s plank 30s TKD jog | 5 x push up 5 x sit up 15s plank 30s TKD jog | 10 x push up 10 x sit up 20s plank 30s TKD jog | 10 x push up 10 x sit up 20s plank 30s TKD jog | 15 x push up 20 x sit up 30s plank 45s TKD jog | 15 x push up 20 x sit up 30s plank 45s TKD jog | 20 x push up 30 x sit up 45s plank 60s TKD jog | 20 x push up 30 x sit up 45s plank 60s TKD jog | 25 x push up 40 x sit up 60s plank 90s TKD jog | 25 x push up 40 x sit up 60s plank 90s TKD jog |
| Basics | Kicks | Front, Axe, Side, Crescent x 2, Turning | Improved technique | Improved technique | Back Side Kick, Hook Kick | Improved technique | Improved technique | Improved technique | Target Crescent, Back side. | Double Jump front. | Double side. |
| | Blocks | Low | High, Inside, Outside. | Improved technique | Improved technique | Double knifehand outward. | Improved technique | Low opening. High outward. | Scissor, Opening, Cross, Side, Low double knife-hand. | Augmented outside. Single mountain. | Palm heel. |
| | Strikes | Middle punch. | Improved technique | High punch. | Inward knife-hand. | Vertical fingertip, Swallow form knife-hand, Backfist | Hammerfist. Inward elbow. Elbow target | Improved technique | Double uppercut. Knee. | Improved technique | Arc hand, Knee break, Target punch, Low fingertip, Low hammerfist target. |
| | Stances | Ready, Long / Front | Short, Horse riding. | Improved technique | L / Back | Improved technique | Improved technique | Improved technique | Cat / Tiger Covered fist. | Improved technique | Cross. |
| Gyeokpa | Board Breaking` | N/A | N/A | N/A | N/A | Introduction (Yellow board) | Elbow strike Front kick Side kick | Improved technique (< 9 yellow, else blue) | Back side kick | Blue board / 0.5cm wood | 0.5cm wood. No miss. |
| Gyeorugi | Controlled | N/A | N/A | Introduction | 1 x 60s Round | 2 x 60s rd | 3 x 60s rd | 3 x 60s rd | 3 x 60s rd | 3 x 60s rd | 3 x 60s rd |
| | Semi-free | N/A | N/A | N/A | Introduction | 1 x 60s rd | 1 x 60s rd | 2 x 60s rd | 2 x 60s rd | 3 x 60s rd | 3 x 60s rd |
| | Free-sparring | N/A | N/A | N/A | N/A | N/A | N/A | Introduction | 1 x 60s | 1 x 90s | 2 x 90s |
| Hoshinsul | Step sparring | N/A | Introduction | 3-step | 3-step | 2-step | 2-step | 2-step | 1-step | 1-step | Self Style |
| | Self Defence | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Introduction | Improved technique |

Grading

Why do we grade?

Grading is an opportunity for students to show their progress within taekwondo, while providing an opportunity for the student to assess their ability and then refocus their training on more advanced skills. Fundamentally, grading is not about getting a new belt, although that is fun and exciting too, it is simply about testing progression and training within a martial art. Importantly, it allows students to continue learning and improving.

Particularly for children, it is an opportunity to show their parents what they have learnt and how they are progressing.

The personal journey of everyone is different, so you will often see curious decisions in terms of allocation of grade. You must trust that the instructor team make grading decisions based on the student's abilities and the overall philosophy of the Sangrok Taekwondo method.

Grading information

Grading is a formal affair and it's expected that all students will apply themselves and demonstrate their abilities to their best effort. The small fee associated with grading includes the use of facilities, a new belt, a certificate and to support some paid staff.

It is expected that students will arrive on time – most students arrive at least 20 minutes early to prepare and review. Everyone should arrive in **a clean and maintained uniform** (no summer t-shirts, even in summer).

Sangrok uses the curriculum to assess students' progress. It is important that students come prepared to do all the requirements within their curriculum, even if they are not assessed on each component.

The instructors are looking for good form, power, effort, enthusiasm, respect, and courtesy. More information on your specific grading requirements is available from your instructors if you are unsure.

Higher belts usually grade first, with a staggered start of lower belts throughout the day. Due to the size and length of the grading, it is often a full day event!

Sangrok Grading Policy

Sangrok coloured belt gradings are generally held every 3 months with at least 1 black belt grading each year. To reduce stress around grading, especially for children, Sangrok's policy is to only invite those students to grade who we believe are ready to progress to the next belt. Students who are invited to grade will receive an invitation by email a 2-3 weeks prior to grading and must RSVP to attend. Students will be assessed across all areas of our curriculum. It is important to be familiar with the minimum requirements for each belt level.

Minimum attendance requirements for gradings

Up to red belt: In general, students who train 2 or more times each week may be invited to grade every three months. This also assumes regular practice outside of class, and that the student has met the key requirements.

Red belt and above: For students grading from red belt onwards there is a minimum of 6 months between gradings for students who attend 2 or more classes each week. At this level there is an expectation that the student trains regularly outside of classes in addition to class attendance.

While we have attendance requirements for grading eligibility, it is important that students practice taekwondo outside of classes as well. Commitment to regular practice will ensure that you will perform at your best at grading.

Pre-assessment checklist

For students grading to red belt and above, our pre-grading assessment checklist **must be completed to be eligible for grading**. The checklist is used to ensure that students are competent across all 6 areas of our curriculum prior to attending grading. Students are encouraged to seek and use instructor feedback to complete their checklist to a high standard before grading. Students should be aware that from red belt and above that an invitation to grading **does not guarantee** they will be successful at grading.

Students can approach their instructor at any time to seek feedback and complete their assessment sheet.

The pre-grading assessment should be completed **at least** 2 weeks prior to the grading you wish to attend so that invitations can be sent.

Double grading

In exceptional circumstances and at instructor discretion, a student may “double grade” (move up 2 belt ranks at 1 grading). This is rare, and not to be expected. Double gradings do not occur for students from red belt and above.

New Sangrok students with previous taekwondo experience

Students who hold Kukkiwon registered black belt certificates are welcome to wear their current embroidered black belt, or a plain black belt at Sangrok. However, to wear a Sangrok black belt, competency across all areas of our curriculum must be demonstrated through a grading process. This is usually done at one of the blackbelt gradings.

For all other students with taekwondo experience (including WT cho dan bo or ITF black belt students) competency across our curriculum must be demonstrated at grading. All students who are new to Sangrok will begin on white belt, however, performance at grading will determine your belt rank. For example, a white belt student with previous experience may demonstrate the required skills up to 3rd kup and would be awarded a red belt. Minimum attendance requirements and double grading restrictions generally do not apply to students with previous taekwondo experience.

Students from the Radford Program

Radford students can grade to blue belt through the Radford program. To progress to red belt and above, students must attend classes at the Mitchell training facility. This is to ensure that students are across the full Sangrok curriculum prior to progressing to a senior belt.

Policy and Procedures

As a member club of Australian Taekwondo, Sangrok is bound by all their relevant policies. Fully registered Mitchell students are all members of Australian Taekwondo.

Two key policies are:

Code of Conduct

As a member club, Sangrok endorses the Australian Taekwondo Code of Conduct where “Australian Taekwondo (Sangrok) seeks to provide a safe, fair, respectful and inclusive environment for everyone involved in our organisation and in our sport and to protect the integrity and reputation of

Taekwondo in Australia. The ability for us to participate, compete, officiate and enjoy our martial art and sport requires a clear understanding of and compliance with certain standards of behaviour, known as our Codes of Conduct.”

The full Code of Conduct can be found at <https://austkd.com.au/resources/>

Member Protection & Child Safety

As a member club, Sangrok endorses the Australian Taekwondo Member Protection policy where “Member Protection is a very important part of the Australian Taekwondo’s (Sangrok’s) activities. The ability for us all to compete, officiate and enjoy our martial art and sport requires a clear awareness of the responsibility we have to ourselves, our members and others around us. Australian Taekwondo (Sangrok) has formalised these basic tenets into a Member Protection Policy.”

The full Member Protection and Child Safety Policy can be found at <https://austkd.com.au/resources/>

Basic Terminology

Attention – Charyeot

Bow – Kyungnea

Ready – Joob bi

Begin – Shi-jak

Return – Baro

Thank you – Kamsa hamnida

Instructor – Sabunim

Yell – Kihap

Uniform – Dobok

School – Dojang

Forms - Poomsae

Punch – Jireugi

Kick – Chagi

Front kick – Ap chagi

Turning kick – Dollyo chagi

Side kick – Yeop chagi

Block – Makgi

Low block – Arae makgi

Outside block – Bakat makgi

Inside block – An makgi

High block – Ulgool makgi

Knife hand block – Sonnal makgi

Horse-riding stance - Juchoom sohgi

Counting

One – Hana

Two – Dul

Three – Set

Four – Net

Five – Dasot

Six – Yeosut

Seven – Ilgup

Eight – Yeodeol

Nine – Ahop

Ten – Yeol