



## General Knowledge GRADING SYLLABUS 1<sup>st</sup> Gup to CHO DAN BO

Please note that the following is in addition to the Terminology requirements for 2<sup>nd</sup> Gup TO 1<sup>st</sup> Gup

Who won the Gold medal for Australia at the Sydney Olympics Games: Laurens Burns

Who won the Silver medal for Australia at the Sydney Olympics Games: Daniel Trenton

What does Taekwondo mean to you.

Refer 2<sup>nd</sup> Gup to 3<sup>rd</sup> Gup grading Syllabus for the benefits of Taekwondo.

What has Taekwondo training done for you.

What is the size of the competition area for sparring: 12m x 12m

What is the size of the contest area for sparring: 10m x 10m

What is the Korean name for Instructor: Sabomni,

What is the Korean name for Head Instructor: Gwanjangnim.

What is the Korean name for belt: Tti

What is the Korean word for our uniform.: Dobok

What is the Korean word for the Body Protector we wear when sparring: Ho goo

Etiquette and training rules as per our T.A Grading Book

Terminology for Poomse Koryo

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