



## Black Belt Grading requirements

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Grading Sheets for:

Cho Dan Bo

1<sup>st</sup>. Dan

2<sup>nd</sup> Dan

3<sup>rd</sup>. Dan

4<sup>th</sup>. Dan

5<sup>th</sup>. Dan

6<sup>th</sup>. Dan

7<sup>th</sup>. Dan



Black Belt Punching Mitt Routines

Weapons Wheel

Poomse Patters in Korean for:

Koryo

Keumgung

Taebek

Pyongwon

Sipjin

Jitae

Chonkwon

# The Path to Black Belt

## The Path to Black Belt



The following information is designed to paint a clear picture of what is required and what you will achieve on your journey to black belt and beyond.

Going from white belt to black belt takes around 4-5 years on average. If you didn't miss a grading it would take 33 months, almost 3 years. In reality 4-5 years is more likely as you are expected to miss a few gradings along the way.

We've done our best here to cover all the FAQ's at each stage. Each stage is different and may have different requirements to get to the next level. We've also given many tips on what to expect along the way so there's no surprises, or things you may not have been aware of.

As parents I would encourage you to read ahead, and not just your (child's) belt level to get an overall picture of the entire journey. This will really help when your child becomes a bit disheartened at not earning stripes so easily in the higher levels and possibly missing gradings. Missing gradings is not the issue per-say, that's expected to happen, knowing the road ahead and managing your child's perspective is the key to keeping them on path.

We make this guarantee to every person who joins our club. 100% guarantee that you will make it to black belt, if you don't give up of course. We can't guarantee how long it will take – everyone learns at different rates, some people can make training a lot more than others, children's age also plays a major part, but as long as you don't give up, you'll make it.

Becoming a black belt has nothing at all to do with skill, nothing! Every single black belt at our club has one thing in common though – we refused to give up when the going got tough. Somehow we found the will and the way to continue. Quitting is easy and I'm sure most of our black belts seriously considered it more than once, but we didn't quit, we found a way and made it.

No one ever said it was going to be easy, or that everything to do with Taekwondo was always going to be fun. There will be great times and there will be tough times. One thing is for sure though – it'll be worth it!!! Ask any black belt.



# At Red Belt 3 stripe



## Overview:

Red 3 stripe is the most difficult and demanding step so far on your journey to black belt. Moving beyond this point takes extreme dedication, intense training and tremendous family support.

The next grading from here is to Cho Dan Bo, which translates as probationary black belt. Cho Dan Bo is basically half of your black belt grading so the skills need to be precise.

The most difficult aspect is re-learning all of the coloured belt patterns. This takes a great deal of time and students need to make the time to practice at home as well as at training. You will never get enough hours at training alone to get to Cho Dan Bo. Home practice is essential. Most students will remain at this level for 6 – 9 months.

Family support is crucial at this point to keep them positive and focussed on what they are about to achieve.

It's not an easy task but its definitely worth it!

The black belt syllabus is to be used for this and all future gradings. The file is available for download on the website.

## Training frequency:

At least four times a week plus home practice is recommended.

## Special requirements:

Sparring class - All Students at this level should be attending sparring sessions regularly, at least once a week. The black belt grading coming up after Cho Dan Bo will require 11 rounds of continuous full contact sparring and students need to be well prepared.

Team Tournament – All students must enter at least one Team Tournament per year.



# At Cho Dan Bo



## Overview:

Cho Dan Bo is the probationary black belt level. When grading to your black belt you'll be required to repeat all of your Cho Dan Bo grading, plus everything else needed for black belt which includes:

11 rounds of contact sparring, weapons defence, Koryo pattern step by step in Korean and a self made "Free Flowing Self Defence" scenario.

Most students will remain at this level for 6 months or so.

The black belt syllabus is to be used for this and all future gradings. The file is available for download on the website.

## Training frequency:

At least four times a week plus home practice is recommended.

## Special requirements:

Sparring class – Students must have attended a minimum of 15 sparring sessions over the previous 4 months.

Team Tournament – All students must enter at least one Team Tournament a year.

Passed the beep test at sparring.

Know Koryo step by step in Korean

Have their completed essay and will be tested on their theory.

Have already participated in a black belt grading in some way.

## Black Belt grading selections:

During the term, and especially towards the end of term, during the review weeks, students will be assessed and upon attaining the level required, the student will be recommended to grade.

## Higher Dan Gradings

All higher Dan gradings follow the same format as the CDB to Black.



# Meaning of Taeguk Poomse

## **Poomse (Patterns)**

Poomse is a method of solo training for developing and practising movements against an imaginary opponent. The practitioner is able to concentrate all their thoughts and efforts in a precise way, without the distraction of having to re adjust for an opponent.

## **Taeguk**

Taeguk translates as "the great absolute". The blue and red yin and yang symbol represents the balance and harmony between all life forces. The character for Taeguk means "a king".

## **Taeguk 1 (Il Jang)**

Symbolises heaven, and the basic actions of Taekwondo.

## **Taeguk 2 (E Jang)**

Symbolises internal strength and external gentleness.

## **Taeguk 3 (Sam Jang)**

Symbolises fire, meaning development of training attitude.

## **Taeguk 4 (Sa Jang)**

Symbolises thunder, meaning great power and dignity.

## **Taeguk 5 (O Jang)**

Symbolises wind, meaning both mighty force and calmness.

## **Taeguk 6 (Yuk Jang)**

Symbolises water, meaning constant flow and flexibility.

## **Taeguk 7 (Chil Jang)**

Symbolises a mountain, meaning the spirit of firmness and strength.

## **Taeguk 8 (Pal Jang)**

Symbolises earth, meaning the beginning and the end.

## **Meaning of Black Belt Poomse**

### **Koryo**

Koryo poomse is represented by the character "Seonbae", which symbolises a learned person, who is characterised by a strong martial, as well as a virtuous spirit.

### **Keumgang**

Keumgang poomse is represented by the character meaning "a mountain" and is named after Mount Keumgang, (also meaning diamond) in the Korean Peninsula. It is interpreted as signifying "hardness".

### **Taebek**

Taebek is the name of a mountain in Korea. It translates as "Bright Mountain" and is considered to be where the Korean nation was founded. Taebek poomse is represented by the character symbolising humanitarian ideals.

### **Pyongwon**

Pyongwon is represented by the character meaning "one", symbolising a vast, stretched out plain, the place where human beings live their life.

### **Sipjin**

The character for Sipjin means "ten", and was derived from the principle of longevity, which advocates there are ten aspects of long life. The poomse Sipjin symbolises ceaseless development.

### **Jitae**

Jitae symbolises mankind as the connection between heaven and earth. The earth hides its greatest power deep within its fiery core, occasionally permitting it to well up and shake civilisation, reminding mankind of its frailties.

### **Chonkwon**

Chonkwon expresses sky, the root of everything in the universe itself and the imaginary world that has its being in the sky. It symbolises creation, change and completion of the cosmos.

## Taekwondo history

- 37 BC:** Taekwondo was derived from some of the worlds oldest martial arts, dating back 2000 years to the Koryo Dynasty. Two of Taekwondo's original names were Subak and Taekkyon.
- 1920:** Japan invaded Korea and Taekwondo was outlawed.
- 1945:** Korea regained its independence
- 1946:** A conference was held to develop Taekwondo to be taught in schools, kwans and the military, then called Korean Karate.
- 1955:** Taekwondo the name was chosen, which means the art of hand and foot fighting.
- 1961:** The Korean Taekwondo Association was formed.
- 1972:** The World Taekwondo Headquarters was formed, known as Kukkiwon and the Australian Taekwondo Association (ATA) was formed.
- 1973:** The 1<sup>st</sup> World Taekwondo Championships were held in Korea and The World Taekwondo Federation (WTF) formed, with the ATA as a founding member.
- 1980:** Taekwondo was recognised as an Olympic sport.
- 1988-96:** Taekwondo was an Olympic demonstration sport in Korea, Spain and Atlanta.
- 1995:** Taekwondo Australia formed at the Unification Games between the ATA, the ATU and the ATF. Founding president of Taekwondo Australia was Mr. Young Dai Cho, 9<sup>th</sup> Dan.
- 2000:** Taekwondo becomes an official medal Olympic sport in Sydney, Australia. Australia won two medals at these games, Lauren Burns won gold and Daniel Trenton won silver.
- 2005:** Team Taekwondo was established.



## **Grading Requirements Red 3 grading to Cho Dan Bo**

### **Patterns**

Ill, Ee, Sam, Sa, O, Yuk, Chil and Pal Jang.

### **Punching/Kicking mitt routines**

Punching No.3 + all Kicking mitt routines

### **Kicking**

Triple Kicks:

Front, Roundhouse and Side

### **One Step Sparring**

Attacker: Body punch / Face punch / Front kick / Roundhouse kick

Defender: Avoid or block with contact, counter x7 without contact

### **One Step Self Defence**

Against a Front Kick

Against a Roundhouse Kick

### **Sparing**

Full contact with protective gear

(One Round)

### **Board Breaking**

Advancing, jumping turning side kick.





**Cho Dan Bo to 1st Dan/Poom** Name \_\_\_\_\_

<b>Poomse</b> All Taeguk poomse, Koryo	____/10
<b>Koryo step by step in Korean</b>	____/10
<b>Punching/Kicking mitt routines</b> Punching No.3 + all Kicking mitt routines	____/10
<b>Kicking</b> Triples: Front, Round, Side. Low sweep, middle spin, high spin.	____/10
<b>One Step Sparring</b> Attacker: Body punch / Face punch / Front kick / Roundhouse kick Defender: Avoid or block with contact, counter x7 without contact	____/10
<b>One step self defence</b> Against Front kick / Roundhouse kick	____/10
<b>Weapons defence</b> Short knife stab / Lunging knife stab / Reverse knife slash / Overhead club attack	____/10
<b>Free Flowing Defence</b> Self made scenario defence with one or more partners (minimum 7 defences)	____/10
<b>Full Contact Sparring</b> Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)	____/10
<b>Board Breaking</b> 2x combination (one must be spinning or turning kick)	____/10
<b>General Knowledge and Yong-o</b> Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo Taekwondo history / General Terminology Submit essay on Taekwondo	____/10

**Total Score** \_\_\_\_\_

**Average Score** \_\_\_\_\_  
Pass Score 7



## 1<sup>st</sup> Dan to 2nd Dan/Poom

Name \_\_\_\_\_

**Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang

**Keumgang step by step in Korean** \_\_\_\_\_/10

**Punching/Kicking mitt routines** \_\_\_\_\_/10

**Kicking** \_\_\_\_\_/10

Roundhouse / Spinhook, one action to paddle mitts.

Double Side Kicks (knee, body) with:

Jumping turning back, Jumping Turning Side, Jumping Turning Spinhook

**Two Step Sparring** \_\_\_\_\_/10

Attacker: Body Punch, Face Punch, Front Kick, Roundhouse, Side Kick

Defender: Avoid or block with contact, counter x5 without contact.

**Unarmed defence** \_\_\_\_\_/10

2 attackers:

Bear Hug and Face Punch

Headlock choke hold from behind and two hand grab from front

**Weapons Wheel** \_\_\_\_\_/10

Defend against 4 in a circle, disarm with arm bars.

Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club

**Weapons handling** \_\_\_\_\_/10

Sword pattern

**Free Flowing Defence** \_\_\_\_\_/10

Self made scenario defence with one or more partners (minimum 7 defences)

**Full Contact Sparring** \_\_\_\_\_/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

**Board Breaking** \_\_\_\_\_/10

3x combination (one must be jumping, one must be spinning or turning kick)

**General Knowledge and Yong-o** \_\_\_\_\_/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo / Meaning of Keumgang

Taekwondo history / General Terminology

Submit essay (speech) on your Taekwondo journey

**Total Score** \_\_\_\_\_

**Average Score** \_\_\_\_\_

Pass Score 7



## 2nd Dan to 3rd Dan/Poom

Name \_\_\_\_\_

**Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang, Taebek

**Taebek step by step in Korean** \_\_\_\_\_/10

**Punching/Kicking mitt routines** \_\_\_\_\_/10

**Kicking** \_\_\_\_\_/10

Advancing front foot cut kicks x2 with: Axe kick, Reverse roundhouse, Spinhook.

Advancing jumping turning spinhook into Low sweep, Jumping spinhook against paddle mitts.

**Two Step Sparring** \_\_\_\_\_/10

Attacker: Body Punch, Face Punch, Front Kick, Roundhouse, Side Kick

Defender: Avoid or block with contact, counter x5 without contact

**Unarmed Defence** \_\_\_\_\_/10

Throws against two handed grab: Over hip, Over shoulder.

**One on One Weapons Defence** \_\_\_\_\_/10

Knife to throat, Gun attack x2.

**Weapons Wheel** \_\_\_\_\_/10

Defend against 8 in a circle. In order:

Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club

Short knife stab, Lunging knife stab, Reverse knife slash, Overhead club attack

**Weapons Handling** \_\_\_\_\_/10

Sword pattern

Nunchuck pattern (your choice from Yong Muki syllabus – minimum yellow belt)

**Free Flowing Defence** \_\_\_\_\_/10

Self made scenario defence with one or more partners (minimum 7 defences)

**Full Contact Sparring** \_\_\_\_\_/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

**Board Breaking** \_\_\_\_\_/10

4x combination (one must be jumping, one must be spinning or turning kick)

**General Knowledge and Yong-o** \_\_\_\_\_/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo / Meaning of  
Keumgang / Meaning of Taebek

Taekwondo history / General Terminology

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Pass Score 7



## 3rd Dan to 4th Dan

Name \_\_\_\_\_

**Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang, Taebek, Pyongwon.

**Pyongwon step by step in Korean** \_\_\_\_\_/10

**Punching/Kicking mitt routines** \_\_\_\_\_/10

**Kicking** \_\_\_\_\_/10

Slide counter x2, Jump back kick x2, Step spinning round x2, Step spinhook x2  
Spinning roundhouse to head on paddle mitt  
Flying side kick over people (length of body) to a kick shield  
High jump kick to paddle mitt (own height in back stance plus arms length)

**Two Step Sparring** \_\_\_\_\_/10

Attacker: Body Punch, Face Punch, Front Kick, Roundhouse, Side Kick  
Defender: Avoid or block with contact, counter x5 without contact

**Unarmed Defence** \_\_\_\_\_/10

As determined by examiner

**Weapons Wheel** \_\_\_\_\_/10

Defend against 8 in a circle. In order:

Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club  
Short knife stab, Lunging knife stab, Reverse knife slash, Overhead club attack

**Weapons handling** \_\_\_\_\_/10

Sword pattern

Nunchuck pattern (your choice from Yong Muki syllabus – minimum yellow belt)

Bo Pattern (your choice from Yong Muki syllabus – minimum yellow belt)

**Free Flowing Defence** \_\_\_\_\_/10

Self made scenario defence with one or more partners (minimum 7 defences)

**Full Contact Sparring** \_\_\_\_\_/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

**Board Breaking** \_\_\_\_\_/10

5x combination (one must be jumping, one must be spinning or turning kick)

**General Knowledge and Yong-o** \_\_\_\_\_/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo, Keumgang, Taebek and Pyongwon.

Taekwondo history / General Terminology

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**Average Score** \_\_\_\_\_

Pass Score 7



## 4th Dan to 5th Dan

Name \_\_\_\_\_

**Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang, Taebek, Pyongwon, Sipjin.

**Sipjin step by step in Korean** \_\_\_\_\_/10

**Punching/Kicking mitt routines** \_\_\_\_\_/10

**Kicking** \_\_\_\_\_/10

Slide counter x2, Jump back kick x2, Step spinning round x2, Step spinhook x2  
Spinning roundhouse to head on paddle mitt  
Flying side kick over people (length of body) to a kick shield  
High jump kick to paddle mitt (own height in back stance plus arms length)

**Two Step Sparring** \_\_\_\_\_/10

Attacker: Body Punch, Face Punch, Front Kick, Roundhouse, Side Kick  
Defender: Avoid or block with contact, counter x5 without contact

**Unarmed Defence** \_\_\_\_\_/10

As determined by examiner

**Weapons Wheel** \_\_\_\_\_/10

Defend against 8 in a circle. In order:

Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club  
Short knife stab, Lunging knife stab, Reverse knife slash, Overhead club attack

**Weapons handling** \_\_\_\_\_/10

Sword pattern

Nunchuck pattern (your choice from Yong Muki syllabus – minimum yellow belt)  
Bo Pattern (your choice from Yong Muki syllabus – minimum yellow belt)

**Free Flowing Defence** \_\_\_\_\_/10

Self made scenario defence with one or more partners (minimum 7 defences)

**Full Contact Sparring** \_\_\_\_\_/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

**Board Breaking** \_\_\_\_\_/10

5x combination (one must be jumping, one must be spinning or turning kick)

**General Knowledge and Yong-o** \_\_\_\_\_/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo, Keumgang, Taebek, Pyongwon, Sipjin.

Taekwondo history / General Terminology  
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**Average Score** \_\_\_\_\_

Pass Score 7



## 5th Dan to 6th Dan

Name \_\_\_\_\_

**Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang, Taebek, Pyongwon, Sipjin, Jitae.

**Jitae step by step in Korean** \_\_\_\_\_/10

**Punching/Kicking mitt routines** \_\_\_\_\_/10

**Kicking** \_\_\_\_\_/10

Slide counter x2, Jump back kick x2, Step spinning round x2, Step spinhook x2  
Spinning roundhouse to head on paddle mitt  
Flying side kick over people (length of body) to a kick shield  
High jump kick to paddle mitt (own height in back stance plus arms length)

**Two Step Sparring** \_\_\_\_\_/10

Attacker: Body Punch, Face Punch, Front Kick, Roundhouse, Side Kick  
Defender: Avoid or block with contact, counter x5 without contact

**Unarmed Defence** \_\_\_\_\_/10

As determined by examiner

**Weapons Wheel** \_\_\_\_\_/10

Defend against 8 in a circle. In order:

Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club  
Short knife stab, Lunging knife stab, Reverse knife slash, Overhead club attack

**Weapons handling** \_\_\_\_\_/10

Sword pattern

Nunchuck pattern (your choice from Yong Muki syllabus – minimum yellow belt)  
Bo Pattern (your choice from Yong Muki syllabus – minimum yellow belt)

**Free Flowing Defence** \_\_\_\_\_/10

Self made scenario defence with one or more partners (minimum 7 defences)

**Full Contact Sparring** \_\_\_\_\_/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

**Board Breaking** \_\_\_\_\_/10

5x combination (one must be jumping, one must be spinning or turning kick)

**General Knowledge and Yong-o** \_\_\_\_\_/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo, Keumgang, Taebek,  
Pyongwon, Sipjin. Jitae.

Taekwondo history / General Terminology

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Pass Score 7



## 6th Dan to 7th Dan

Name \_\_\_\_\_

### **Poomse** \_\_\_\_\_/10

All Taeguk poomse, Koryo, Keumgang, Taebek, Pyongwon, Sipjin, Jitae, Chonkwon.

### **Chonkwon step by step in Korean** \_\_\_\_\_/10

### **Punching/Kicking mitt routines** \_\_\_\_\_/10

### **Kicking** \_\_\_\_\_/10

Slide counter x2, Jump back kick x2, Step spinning round x2, Step spinhook x2

Spinning roundhouse to head on paddle mitt

Flying side kick over people (length of body) to a kick shield

High jump kick to paddle mitt (own height in back stance plus arms length)

### **Two Step Sparring** \_\_\_\_\_/10

Attacker: Body Punch, Face Punch, Front Kick, Roundhouse, Side Kick

Defender: Avoid or block with contact, counter x5 without contact

### **Unarmed Defence** \_\_\_\_\_/10

As determined by examiner

### **Weapons Wheel** \_\_\_\_\_/10

Defend against 8 in a circle. In order:

Middle Knife stab, Forehand knife slash, Knife downward stab, Forehand club

Short knife stab, Lunging knife stab, Reverse knife slash, Overhead club attack

### **Weapons handling** \_\_\_\_\_/10

Sword pattern

Nunchuck pattern (your choice from Yong Muki syllabus – minimum yellow belt)

Bo Pattern (your choice from Yong Muki syllabus – minimum yellow belt)

### **Free Flowing Defence** \_\_\_\_\_/10

Self made scenario defence with one or more partners (minimum 7 defences)

### **Full Contact Sparring** \_\_\_\_\_/10

Full contact with protective gear (10x 30 second rounds, 1x round 2 on 1)

### **Board Breaking** \_\_\_\_\_/10

5x combination (one must be jumping, one must be spinning or turning kick)

### **General Knowledge and Yong-o** \_\_\_\_\_/10

Meaning of Taeguk / Meaning of all Taeguk Poomse / Meaning of Koryo, Keumgang, Taebek, Pyongwon, Sipjin, Jitae, Chonkwon.

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**Average Score** \_\_\_\_\_

Pass Score 7

## **Black Belt Punching Mitt Routines**

### **Black Belt Punching**

(jab, cross, hook, duck) x10

### **Black Belt Kicking No.1**

(switch back roundhouse) x6

### **Black Belt Kicking No.2**

(double round off back, jumping back kick) x6

### **Black Belt Kicking No.3**

(roundhouse to body - body, reverse roundhouse to head) x4

### **Black Belt Kicking No.4**

(step back, spinning roundhouse) x6

### **Black Belt Kicking No.5**

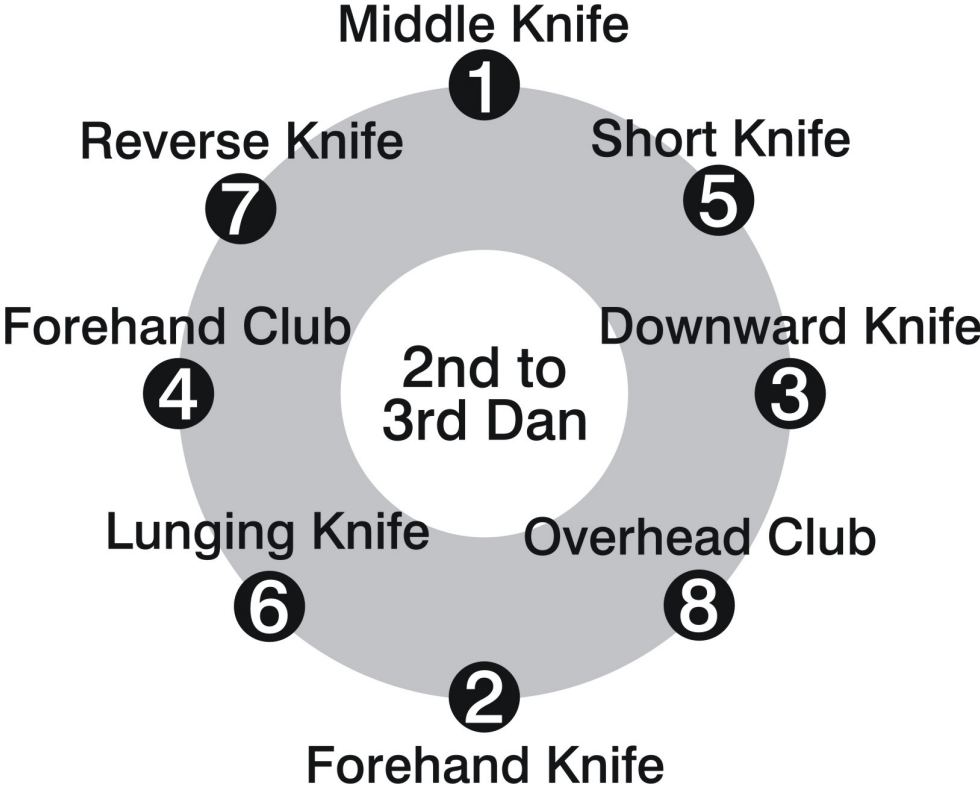
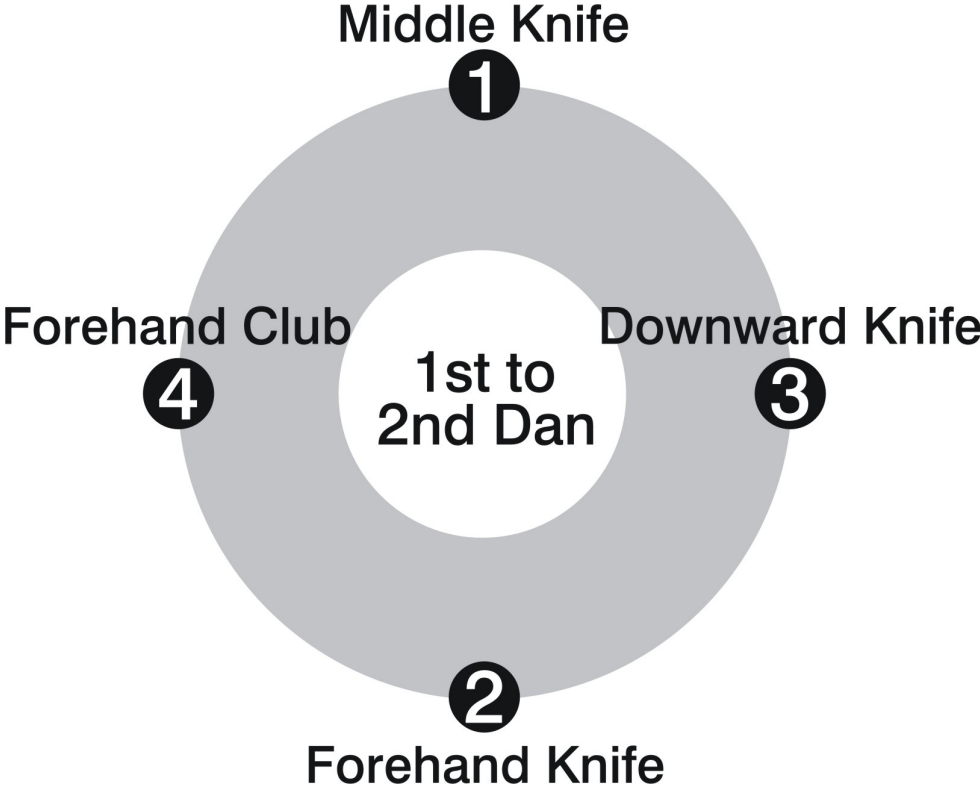
(double round off the front, jumping spinhook) x6

### **Black Belt Kicking No.6**

(step back, spinning crescent) x6



# Weapons Wheel



# Koryo

## Tong Milgi Seogi Jumbi

Dwit Gubi	Sonnal Momtong Makgi	Dubon Yop Chagi	
Ap Gubi	Han Sonnal Bakgat Mok Chigi	Momtong Jirugi	
Dwit Gubi	Momtong Makgi		
Dwit Gubi	Sonnal Momtong Makgi	Dubon Yop Chagi	
Ap Gubi	Han Sonnal Bakgat Mok Chigi	Momtong Jirugi	
Dwit Gubi	Momtong Makgi		
Ap Gubi	Han Sonnal Arae Makgi	Kahl Jebi	
Ap Chagi	Ap Gubi	Han Sonnal Arae Makgi	Kahl Jebi
Ap Chagi	Ap Gubi	Han Sonnal Arae Makgi	Kahl Jebi (Kihap)
Ap Chagi	Ap Gubi	Murup Gokgi	Ddora
Ap Gubi	An Palmok Momtong Hechyo Makgi		
Ap Chagi	Ap Gubi	Murup Gokgi	
Ap Seogi	An Palmok Momtong Hechyo Makgi	Ddora	
Juchum Seogi	Han Sonnal Yop Makgi	Pyojok Jirugi	
Ap Koa Seogi	Yop Chagi		
Ap Gubi	Pyon Songut Jaechyo Djirugi		
Ap Seogi	Arae Makgi		
Ap Seogi	Batangson Nullo Makgi		
Jucham Seogi	Palgup Yop Chigi	Han Sonnal Yop Makgi	Pyojok Jirugi
Ap Koa Seogi	Yop Chagi		
Ap Gubi	Pyon Songut Jaechyo Djirugi		
Ap Seogi	Arae Makgi		
Ap Seogi	Batangson Nullo Makgi		
Juchum Seogi	Palgup Yop Chigi		
Moa Seogi	Me Jumok Chigi	Ddora	
Ap Gubi	Han Sonnal Bakgat Mok Chigi	Han Sonnal Arae Makgi	
Ap Gubi	Han Sonnal Mok Chigi	Han Sonnal Arae Makgi	
Ap Gubi	Han Sonnal Mok Chigi	Han Sonnal Arae Makgi	
Ap Gubi	Kahl Jebi (Kihap)	Parro	Tong Milgi Seogi

## Keumgang

Jumbi

Ap Gubi An Polmok Montong Heychyo Makgi

Ap Gubi Batangson Tok Chigi

Ap Gubi Batangson Tok Chigi

Ap Gubi Batangson Tok Chigi

Dwit Gubi Han Sonnal Momtong Makgi

Dwit Gubi Han Sonnal Momtong Makgi

Dwit Gubi Han Sonnal Momtong Makgi

Hakdari Seogi Keumgang Makgi Kun Dol Djogi

Juchum Seogi Kun Dol Djogi Ddora

Juchum Seogi Kun Dol Djogi

Juchum Seogi Santul Makgi (Kihap) Ddora

Juchum Seogi An Polmok Momtong Heychyo Makgi

Narani Seogi Arae Heychyo Makgi

Juchum Seogi Santul Makgi

Hakdari Seogi Keumgang Makgi Kun Dol Djogi

Juchum Seogi Kun Dol Djogi Ddora

Juchum Seogi Kun Dol Djogi

Hakdari Seogi Keumgang Makgi Kun Dol Djogi

Juchum Seogi Kun Dol Djogi Ddora

Juchum Seogi Kun Dol Djogi

Juchum Seogi Santul Makgi (Kihap) Ddora

Juchum Seogi An Polmok Momtong Heychyo Makgi

Narani Seogi Arae Heychyo Makgi

Juchum Seogi Santul Makgi

Hakdari Seogi Keumgang Makgi Kun Dol Djogi

Juchum Seogi Kun Dol Djogi Ddora

Juchum Seogi Kun Dol Djogi

Parro Narahni Seogi

## Taebek

Jumbi

Bom Seogi	Sonnal Arae Heychyo Makgi		
Ap Chagi	Ap Gubi	Dubon Momtong Jirugi	
Bom Seogi	Sonnal Arae Heychyo Makgi		
Ap Chagi	Ap Gubi	Dubon Momtong Jjirugi	
Ap Gubi	Jebi Poom Mok Chigi		
Ap Gubi	Dankyo Momtong Jirugi		
Ap Gubi	Dankyo Momtong Jirugi		
Ap Gubi	Dankyo Momtong Jirugi (kihap)	Ddora	
Dwit Gubi	Keumgang Momtong Makgi		
Dankyo Tok Jirugi	Jageun Dol Djogi	Momtong Jirugi	
Hakdari Seogi	Jageun Dol Djogi	Yop Chagi, Me Jumok Chigi	
Ap Gubi	Palgup, Pyojok Chigi		
Dwit Gubi	Keumgang Momtong Makgi		
Dankyo Tok Jirugi	Jageun Dol Djogi	Momtong Jirugi	
Hakdari Seogi	Jageun Dol Djogi	Yop Chagi, Me Jumok Chigi	
Ap Gubi	Palgup, Pyojok Chigi		
Dwit Gubi	Sonnal Momtong Makgi		
Ap Gubi	Batangson Nullo Maki, Pyon Songut Sewo Djirugi	Ddora	
Ap Gubi	Dankyo Jumok Jebi	Ddora	
Dwit Gubi	Yop Ogul Bakgat Dung Jumok Chigi		
Ap Gubi	Momtong Jirugi (kihap)	Ddora	
Ap Gubi	Gawi Makgi		
Ap Chagi	Ap Gubi	Dubon Momtong Jirugi	
Ap Gubi	Gawi Makgi		
Ap Chagi	Ap Gubi	Dubon Momtong Jirugi	
Parro	Narahni Seogi		

# Pyongwon

Charyot, Kyongye, Pyongwon, Junbi

	Sonnal Arae Heychyo Makgi,	
Narahni Seogi	Tong Milgi	
Dwit Gubi	Han Sonnal Arae Makgi	
Dwit Gubi	Han Sonnal Backgat Momtong Makgi	
Ap Gubi	Palgup Tok Chigi	Ap Chagi
Ddora	Yop Chagi	
Dwit Gubi	Sonnal Momtong Makgi	Sonnal Arae Makgi
Juchum Seogi	Goduro An Polmok Backgat Ogul Makgi	
	Dankyo Dung Jumok Chigi (Kihap)	Dung Jumok Chigi
Ap Koa Seogi	Dubon Palgup Yop Chigi	
Juchum Seogi	Santul Makgi	
Hakdari Seogi	Keumgang Makgi	
Jageun Dol Djogi	Yop Chagi	
Ap Gubi	Palgup Tok Chigi	Ap Chagi
Ddora	Yop Chagi	
Dwit Gubi	Sonnal Momtong Makgi	Sonnal Arae Makgi
Juchum Seogi	Goduro An Polmok Backgat Ogul Makgi	
	Dankyo Dung Jumok Chigi (Kihap)	Dung Jumok Chigi
Ap Koa Seogi	Dubon Palgup Yop Chigi	
Juchum Seogi	Santul Makgi	
Hakdari Seogi	Keumgang Makgi	
Jageun Dol Djogi	Yop Chagi, Yop Jumok Chigi	
Ap Gubi	Palgup Pyojok Chigi	
Parro, Sho		

# Sipjin

Narahni Seogi	Hwangso Makgi	Santeul Makgi
Dwit Gubi	Sonbadak Kodureo Momtong Bakat Makgi	
Ap Gubi	Pyonsonkeut Epeotzireugi	Momtong Dubon Jireugi
Juchum Seogi	Hecho Santeul Makgi	
Jucham Seogi	Yop Jireugi	
Juchum Seogi	Meongye Chigi	
Dwit Gubi	Sonbadak Kodureo Momtong Bakat Makgi	
Ap Gubi	Pyonsonkeut Epeotzireugi	Momtong Dubon Jireugi
Juchum Seogi	Hecho Santeul Makgi	
Jucham Seogi	Yop Jireugi	
Juchum Seogi	Meongye Chigi	
Dwit Gubi	Sonbadak Kodureo Momtong Bakat Makgi	
Ap Gubi	Pyonsonkeut Epeotzireugi	Momtong Dubon Jireugi
Dwit Gubi	Sonnal Arae Makgi	
Ap Gubi	Bawimilgi	
Jucham Seogi	Sonnal Momtong Hecho Makgi	Sonnal Arae Hecho Makgi Arae Hecho Makgi
Ap Gubi	Keuloolligi	Bawimilgi
Ap Chagi	Ap Gubi	Chetdari Jireugi
Ap Chagi	Ap Gubi	Chetdari Jireugi
Ap Chagi	Dwitkoa Seogi	Deungjumeok Kodureo Olgul Apchigi
Ap Gubi	Bawimilgi	
Beom Seogi	Sonnal Otkoreo Are Makgi	
Dwit Gubi	Sonnal Deung Momtong Makgi	
Dwit Gubi	Chetdari Jireugi	
Dwit Gubi	Chetdari Jireugi	
Parro	Narahni Seogi	

# Jitae

Narahni Seogi

Dwit Gubi An polmok momtong bakgat makgi

Ap Gubi Ogul makgi  
Momtong Jireugi

Dwit Gubi An polmok momtong bakgat makgi

Ap Gubi Ogul makgi  
Momtong Jireugi

Ap Gubi Arae makgi

Dwit Gubi Sonnal area makgi  
Ap chagi

Dwit Gubi Sonnal area makgi  
Momtong bakgat makgi  
Ap chagi

Dwit Gubi Sonnal area makgi

Ap Gubi Ogul makgi

Ap Gubi Ogul maki, momtong jireugi  
Momtong makgi, momtong makgi

Dwit Gubi Hansonnal area makgi  
Ap chagi

Ap Gubi dubon momtong jireugi

Juchum Seogi Hwangso maki  
Arae makgi  
Hansonnal yop makgi, mejumeok pyojeok chigi

Hakdari Seogi Arae makgi  
Yop chagi

Hakdari Seogi Arae makgi  
Yop chagi

Ap Gubi Momtong Jireugi

Ap Gubi Momtong Jireugi

Dwit Gubi Sonnal area makgi

Dwit Gubi Sonnal momtong makgi

Dwit Gubi Sonnal area makgi

Dwit Gubi Sonnal momtong makgi

Parro, Shyo

# Chonkwon

Narahni Seogi	Gyeopson Junbi Nalgae Pyoegi	
Bom Seogi	Du Bam Jumeok Chi Jireugi	
Ap Gubi	Sonal Biteureo Makgi Gama Jabaggeul Myeo Momtong Jireugi Sonal Biteureo Makgi Gama Jabaggeul Myeo Momtong Jireugi Sonal Biteureo Makgi	
Ap Gubi	Gama Jabaggeul Myeo, Yeop Chagi Arae Makgi	
Ap Gubi	Momtong Jireugi	Didora
Dwit Gubi	An Palmok Geodeureo Bakkan Maki Hwidulleo Makgo Jireugi	
Dwit Gubi	Jeocheon Aemyeo Jabadankyeo Jireugi	
Dwit Gubi	An Palmok Geodeureo Bakkan Maki Hwidulleo Makgo Jireugi	
Dwit Gubi	Jeocheon Aemyeo Jabadankyeo Jireugi	
Ap Gubi	An Palmok Momtong Biteureo Makgi Momtong Jireugi Ap Chagi	
Ap Gubi Dwit Gubi	Montong Jireugi Sonal Arae Makgi An Palmok Bakgat Makgi, Geodeureo Arae Makgi	
Jugeom Seogi	Keumgang Yop Jireugi Pyojok Chagi, Keumgang Yop Jireugi	
Dwit Gubi	Pyeonson Santal Arae Makgi	
Dwit Gubi	Pyeonson Santal Arae Makgi	
Bom Seogi	Taesam Milgi	
Bom Seogi	Taesam Milgi	
Parro, Shyo		