



**TECHNIQUES  
GRADING SYLLABUS  
HANDBOOK**

**TARANAKI TAEKWON-DO**

**Established 1993**

# Chang-Hon Taekwon-Do New Zealand Handbook

This handbook outlines the techniques and theory for each of the grades in Taekwon-Do. It is designed to be a useful reference and a guide to what is required for coloured belt and Black Belt gradings. Students should be familiar with all the techniques and terminology outlined for each grade up to and including their own level.

Other useful Taekwon-Do reference material can be found in digital format on the Taranaki Taekwon-Do website/Taekwon-do resource centre.

[www.taranakitkd.com](http://www.taranakitkd.com)

It contains many useful mediums such as PDF's, video links to YouTube and photos etc on Taekwon-Do. It is constantly being added to and upgraded.

- PDF copies of this techniques grading syllabus
- 15 volume encyclopaedia
- 15 volume Tuls (patterns)
- Condensed encyclopaedia with a search function
- TKD Books published by Master Dale Copeland
- Taekwon-Do essays



## Dojang (training hall)

St Joseph's Hall, Calvert Road, Lynmouth, New Plymouth

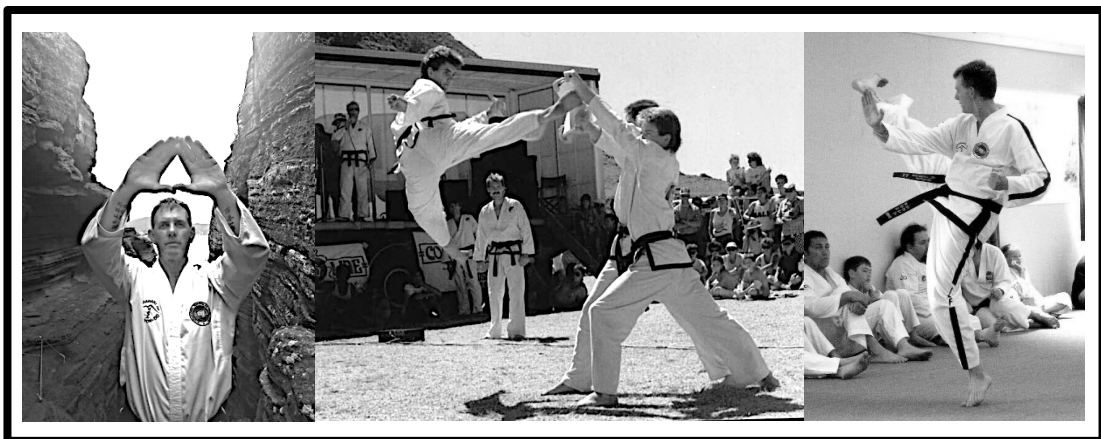
## Training Times

Tuesday 5.30pm to 7.00pm  
Thursday 5.30pm to 7.00pm  
Sunday 4.00pm to 5.30pm

## Instructor

Master Neill Livingstone QSM

Founder of Taranaki Taekwon-Do, 1993  
Queens Service Medal recipient, 2018  
Australasian Martial Arts Hall of Fame Inductee, 2019  
World Karate Organisation Hall of Fame Inductee, 2019  
New Zealand Martial Arts Hall of Fame Inductee, 2024



# **The Benefits of Taranaki Taekwon-Do**

## **Introduction**

Taranaki Taekwon-Do is a Korean martial art that emphasizes self-defence, discipline, and personal development. Founded in 1955 by General Choi Hong Hi, ITF Taekwon-Do has grown in popularity and is now practiced by millions of people worldwide. This martial art is especially beneficial for everyone, as it offers numerous advantages that contribute to their overall growth and well-being.

## **Physical Fitness and Coordination**

In an era where sedentary lifestyles and technology addiction are increasingly prevalent, Taranaki Taekwon-Do provides students with an engaging and active way to stay physically fit. The martial art consists of a combination of high-energy movements, including punches, kicks, and blocks, which help to improve cardiovascular health, flexibility, and strength. Additionally, Taekwon-Do helps develop students motor skills, balance, and coordination, which are essential for overall physical development.

## **Self-Defence Skills**

Taranaki Taekwon-Do primarily focuses on teaching self-defence techniques, which are essential for students to protect themselves in potentially dangerous situations. The training emphasizes practical and effective methods that can be used by individuals of all sizes and strength levels. By learning these techniques, students are equipped with the knowledge and confidence needed to defend themselves and avoid becoming victims of violence or bullying.

## **Discipline and Focus**

One of the core principles of Taekwon-Do is the development of discipline, both physically and mentally. Students and in particular children are taught to follow instructions, respect authority, and maintain a consistent practice schedule. As they progress through the ranks, they are expected to demonstrate increased self-control and discipline in their actions. This focus on discipline carries over into other areas of their lives, such as academics and social interactions, leading to improved concentration, time management, and overall success.

## **Confidence and Self-Esteem**

As students learn and master new techniques, they experience a sense of accomplishment and pride in their abilities. This process helps to build their self-esteem and confidence, which are critical components of a healthy, well-rounded individual. Taranaki Taekwon-Do also encourages students to set and achieve goals, whether they are working towards a new belt rank or simply improving their skills. This goal-setting mentality can be applied to other aspects of their lives, fostering a growth mindset and empowering them to overcome challenges.

## **Social Skills and Teamwork**

Taranaki Taekwon-Do classes provide students with the opportunity to interact with their peers in a positive and structured environment. They learn to communicate effectively, support one another, and work together towards common goals. These social skills are vital for the students' personal development and can help them build lasting friendships and connections.

## **Respect and Courtesy**

Taranaki Taekwon-Do emphasizes the importance of respect and courtesy towards instructors, fellow students, and oneself. Students are taught to bow, address instructors with appropriate titles, and treat others with kindness and consideration. These values help foster a sense of humility and empathy, encouraging students to become respectful, responsible, and compassionate individuals.

## **Stress Relief and Emotional Well-Being**

Martial arts practice, can serve as an effective outlet for stress relief and emotional expression. The physical exertion required in training allows students to release pent-up energy and emotions, promoting mental clarity and relaxation. Additionally, the meditation and breathing exercises commonly practiced in Taekwon-Do can help students develop healthy coping mechanisms for managing stress and anxiety.

## THE TAEKWON-DO DOBOK (training uniform)

Our Dobok should makes us feel really proud every time we wear it. It not only ties us together as students of our own club but also as part of the greater ITF Taekwon-Do family around the world.

The style of our Dobok symbolises our Taekwondo heritage and tradition. It is white to symbolise cleanliness and innocence and a willingness to learn.

A traditional Dobok should be all white with minimal extras such as the Taekwon-do tree on the back, the International Taekwon do Federation badge and the Chang-Hon badge on the front for black belt students. A small club badge may also be placed on the sleeve of the dobok.

The Dobok is specially designed to be extremely practical, easy to clean and healthy to wear.

It is crucial that students keep their Dobok clean at all times and are themselves' clean when they put on their Dobok, this demonstrates respect for the tradition of the Dobok and for instructors, fellow students, and others within the training area. A clean, smart Dobok represents a disciplined student with a good sense of pride.

The belt must be tied correctly and treated with respect.

A white t-shirt may be worn under the Dobok if a coloured belt and black or white if a Black Belt. **NO** other colour is to be worn. This demonstrates a students' respect for the tradition of the Dobok.

**NO** jewellery is to be worn for both traditional and safety purposes.



10<sup>th</sup> to 1<sup>st</sup>  
Gup Dobok



1<sup>st</sup> to 3<sup>rd</sup>  
Dan Dobok



4<sup>th</sup> to 9<sup>th</sup>  
Dan Dobok

## Taekwon-Do Belt

The belt is worn around the Dobok with the knot directly over the abdomen. It should be reasonably tight and not loose so that only the palm of the hand can slip underneath it. The knot of the belt should be over the abdomen so that students learn to breathe into their abdomen and push against the knot of the belt.

The belt wraps only once around the waist to represent the wearers ability to pursue and achieve ones goal in Taekwon-do, to symbolise gaining victory in one blow (meaning that our techniques when performed correctly can achieve this) and to show our respect for one master. For example, our respect for General Choi Hong Hi who brought us the gift of Taekwon-Do.

The colour of the belt denotes the grade of the student. The order of belts starts at white followed by nine coloured belts including the stripes up to Black Belt. The position of the stripe is one belt width from the end of the belt and wrapped and sewn around the belt.

When the Black Belt is achieved, only the rank embroidery is changed for 2<sup>nd</sup> and 3<sup>rd</sup> Dan. At 4<sup>th</sup> Dan a new black belt is award to symbolise the Black Belt expert Level. At 5<sup>th</sup> and 6<sup>th</sup> degree level the rank embroidery is changed. At 7<sup>th</sup> Dan a new belt is awarded to symbolise the Black Belt Master level.

We must respect our belts as they represent all the hard work, dedication, and sacrifice it takes to get them. They are important to us and we should take good care of them.

It is Ok to wash your belt however this is a personal choice. A belt not only represents your grade but also the time spent training (blood, sweat and tears). Do you want to wash it all away? For many this is not an option.



## **Class training and gradings**

Throughout any Taekwon-Do year our main activities are class training and gradings. Class training is two 90 minute sessions in any given week for 10 months of the year. We also conduct 3 gradings per year. A grading is where you are tested on your current rank/syllabus. If successful you will be awarded a higher rank in the way of a new coloured belt/stripe and new syllabus. We also have other activities such as seminars, combined trainings with other clubs, end of year awards and club dinners etc.

For most students it will be unrealistic to think that you will grade three times every year and attend everything.

### **Why?**

Well for most people these days we are time poor because we have such enriched lives. This is not say that it cannot be done because it can. However what are you willing to sacrifice in order to progress and succeed in Taekwon-Do.

There are non-negotiables such as work, school and family, but with 24 hours in a day and with good planning success in Taekwon-Do can be achieved. This is why it is a good idea to plan your Taekwon-Do year around your work, school and family.

Is it realistic to think that you can grade 2 to 3 times in a year if you have other time consuming hobbies or activities?

My answer would probably be **NO**.

Taekwon-Do is an Art form that requires constant practice and repetition thus making it an effective form of self defence both physically and mentally. The many hours spent training will never be wasted as it creates a strong body, strong mind and strong character. These are the traits that will enrich your everyday life.

At Taranaki Taekwon-Do I will provide you with a platform and opportunities to help you grow as a martial artist and a person but it's up to you to take advantage of what is on offer.

**"A black belt is only a white belt who refuses to give up"**

**"Train Easy, Grading Hard, Train Hard, Grading Easy" Gen Choi Hong Hi.**

Thank you for joining us, now let's get started.

Master Neill Livingstone QSM