

General plan for training and test

(from 10th Gup to 3rd Dan)



ITF Technical and Education Committee

2016

10th Gup (1 month)

A. Training

1. Gibon Yonsup

- charyot sogi
- narani junbi sogi
- gunnun junbi sogi (emphasis on correct hand position and movement)
- narani so kaunde ap jirugi (emphasis on correct breath control and yell)
- gunnun so kaunde baro ap jirugi
 - jillo nagagi
 - jillo duruogi
- gunnun so kaunde bandae ap jirugi
- gunnun so palmok najunde makgi
 - maga nagagi
 - maga duruogi
- gunnun so sonkal najunde makgi
 - maga nagagi
 - maga duruogi
- gunnun so an palmok kaunde yop makgi
 - maga nagagi
 - maga duruogi
- apcha olligi
- apcha busigi

2. Tul

- saju jirugi
- saju makgi

3. Matsogi

- sambo matsogi (without companion)

B. Test for 9th Gup

1. Tul

- saju jirugi
- saju makgi

9th Gup (3 months)

A. Training

1. Gibon Yonsup

- niunja sogi
- niunja so an palmok kaunde yop makgi
- gunnun so palmok najunde bandae makgi
- gunnun so sonkal najunde bandae makgi
- yopcha olligi
- yopcha jirugi
- omgyo didimyo yopcha jirugi
- yobapcha busigi
- gujari dolgi
- omgyo didimyo dolgi

2. Tul

- Chon-ji

3. Matsogi

- sambo matsogi

B. Test for 8th Gup

1. Tul

- saju makgi
- Chon-ji

2. Matsogi

- sambo matsogi (without companion)

8th Gup (3 months)

A. Training

1. Gibon Yonsup

- annun sogi
- annun so kaunde ap jirugi
- gunnun so an palmok kaunde bandae yop makgi
- niunja so sonkal kaunde daebi makgi
- gunnun so nopunde ap jirugi
- niunja so sang palmok makgi
- gunnun so palmok chookyo makgi
- niunja so sonkal kaunde yop taerigi
- naeryo chagi

2. Tul

- Dan-gun

3. Matsogi

- sambo matsogi

B. Test for 7th Gup

1. Tul

- Chon-ji
- Dan-gun

2. Matsogi

- sambo matsogi
- 1) A: gunnun so kaunde ap jirugi
B: gunnun so an palmok kaunde yop makgi
 - 2) A: gunnun so nopunde ap jirugi
B: gunnun so palmok chookyo makgi

7th Gup (4 months)

A. Training

1. Gibon Yonsup

- gunnun so bakat palmok nopunde yop makgi
- gunnun so sun sonkut tulgi
- gunnun so dung joomuk nopunde yop taerigi
- gunnun so bakat palmok nopunde hechyo makgi
- annun so sonkal kaunde yop taerigi
- niunja so palmok kaunde daebi makgi
- hosin sul (for Do-san tul)
- ibo omgyo didimyo yopcha olligi

2. Tul

- Do-san

3. Matsogi

- sambo matsogi
- ibo matsogi

B. Test for 6th Gup

1. Tul

- Dan-gun
- Do-san

2. Matsogi

- sambo matsogi
- 1) A: najunde apcha busigi (gunnun junbi sogi)
B: gunnun so palmok najunde makgi
 - 2) A: niunja so sonkal yop taerigi
B: niunja so sonkal daebi makgi
 - 3) A: gunnun so nopunde ap jirugi
B: gunnun so bakat palmok nopunde yop makgi

- ibo matsogi

- ap jirugi
- sonkal yop taerigi
- dung joomuk yop taerigi
- apcha busigi

6th Gup (4 months)

A. Training

1. Gibon Yonsup

- moa junbi sogi A
- guburyo junbi sogi A
- gojung sogi
- niunja so sonkal nopunde anuro taerigi
- gojung so kaunde baro jirugi
- gunnun so palmok dollimyo makgi
- niunja so palmok kaunde daebi makgi
- dollyo chagi
- yop dollyo chagi

2. Tul

- Won-hyo

3. Matsogi

- ibo matsogi
- ilbo matsogi

B. Test for 5th Gup

1. Tul

- Do-san
- Won-hyo

2. Matsogi

- sambo matsogi (two way)

- ibo matsogi

- yopcha jirugi
- dollyo chagi
- yop dollyo chagi

5th Gup (4 months)

A. Training

1. Gibon Yonsup

- kyocha sogi
- gunnun so sonbadak kaunde golcho makgi
- gunnun so ap palkup taerigi
- niunja so sang sonkal makgi
- kyocha so dung joomuk nopunde yop taerigi
- gunnun so doo palmok nopunde makgi
- gunnun so sonkal chookyo makgi
- ibo omgyo didimyo sonkal yop taerigi
- bandae dollyo chagi
- dolmyo yop chagi (180°)

2. Tul

- Yul-gok

3. Matsogi

- ilbo matsogi
- ban jayu matsogi

B. Test for 4th Gup

1. Tul

- Won-hyo
- Yul-gok

2. Matsogi

- ibo matsogi
 - naeryo chagi
 - bandae dollyo chagi
 - dolmyo yop chagi
- ilbo matsogi

3. Wiryok

- apcha busigi (apkumchi)

4th Gup (4 months)

A. Training

1. Gibon Yonsup

- moa junbi sogi B
- dwitbal sogi
- nachuo sogi
- niunja so sonkal dung kaunde yop makgi
- dwitbal so sonbadak ollyo makgi
- gunnun so wi palkup taerigi
- gunnun so sang joomuk nopunde sewo jirugi
- gunnun so sang joomuk dwijibo jirugi
- gunnun so kyocha joomuk chookyo makgi
- niunja so dung joomuk nopunde yop makgi
- gunnun so nopunde bandae ap jirugi
- niunja so kaunde bandae jirugi
- nachuo so sonbadak noollo makgi
- moa so giokja jirugi
- gojung so digitja makgi
- hosin sul (for Joong-gun tul)
- twio nomo yop chagi

2. Tul

- Joong-gun

3. Matsogi

- ban jayu matsogi
- jayu matsogi

B. Test for 3rd Gup

1. Tul

- Yul-gok
- Joong-gun

2. Matsogi

- ilbo matsogi
- ban jayu matsogi

3. Wiryok

- sonkal yop taerigi
- yopcha jirugi (balkal)

3rd Gup (5 months)

A. Training

1. Gibon Yonsup

- gunnun so dwijibun sonkut najunde tulgi
- moa so dung joomuk yopdwi taerigi
- gunnun so kyocha joomuk noollo makgi
- gunnun so kyocha joomuk naeryo makgi
- moa so sang yop palkup tulgi
- annun so bakat palmok san makgi
- niunja so doo palmok najunde miro makgi
- gunnun so opun sonkut nopunde tulgi
- niunja so palmok najunde bandae makgi
- niunja so dung joomuk yopdwi taerigi
- kyocha so kyocha joomuk noollo makgi
- niunja so sonkal najunde daebi makgi
- moorup ollyo chagi
- bandae dollyo goro chagi

2. Tul

- Toi-gye

3. Matsogi

- ban jayu matsogi
- jayu matsogi

B. Test for 2nd Gup

1. Tul

- Joong-gun
- Toi-gye

2. Matsogi

- ilbo matsogi (without arrange)
- ban jayu matsogi

3. Wiryok

- ap joomuk jirugi (women - sonkal yop taerigi)
- dollyo chagi
- dolmyo yop chagi (180°)

2nd Gup (5 months)

A. Training

1. Gibon Yonsup

- moa junbi sogi C
- soojik sogi
- annun so sonbadak miro makgi
- niunja so ollyo jirugi
- soojik so sonkal yop naeryo taerigi
- niunja so kaunde baro jirugi
- niunja so yop palkup tulgi
- moa so an palmok yobap makgi
- twimyo yop chagi
- twimyo nopi chagi
- twimyo dollyo chagi
- mikulgi

2. Tul

- Hwa-rang

3. Matsogi

- jayu matsogi
- hosin sul

B. Test for 1st Gup

1. Tul

- Toi-gye
- Hwa-rang

2. Matsogi

- ban jayu matsogi
- jayu matsogi

3. Wiryok

- dung joomuk yop taerigi (women - sonkal yop taerigi)

- **bandae dollyo chagi**
- **twimyo yopcha jirugi**

1st Gup (6 months)

A. Training

1. Gibon Yonsup

- gunnun so sonkal nopunde ap taerigi
- niunja so palmok najunde bandae makgi
- gunnun so sonkal dung nopunde ap taerigi
- twio dolmyo sonkal kaunde daebi makgi
- annun so palmok kaunde ap makgi
- annun so dung joomuk nopunde yop taerigi
- niunja so kyocha sonkal momchau makgi
- gunnun so sang sonbadak ollyo makgi
- dwitcha jirugi
- twio dolmyo chagi

2. Tul

- Choong-moo

3. Matsogi

- jayu matsogi
- hosin sul

B. Test for 1st Dan

1. Tul

- Hwa-rang
- Choong-moo

2. Matsogi

- jayu matsogi
- hosin sul

3. Tukgi

- twimyo nopi chagi
- twimyo dollyo chagi
- twimyo bandae dollyo chagi
- twio dolmyo chagi

- twio nomo chagi

4. Wiryok

- ap joomuk jirugi (men only)
- sonkal yop taerigi
- yopcha jirugi
- dollyo chagi
- bandae dollyo chagi (women - dolmyo yop chagi 180°)

1st Dan (1.5 years)

A. Training

1. Gibon Yonsup

- narani so hanulson
- waebal sogi
- gunnun so dwijibo jirugi
- gunnun so sonbadak nopunde golcho makgi
- dwitbal so sonkal nopunde daebi makgi
- gunnun so sonbadak ollyo makgi
- moa so sonkal najunde ap makgi
- moa so yop joomuk yop naeryo taerigi
- gunnun so doo palmok kaunde makgi
- nachuo so opun sonkut nopunde tulgi
- annun so giokja jirugi
- annun so ap joomuk noollo makgi
- annun so an palmok kaunde hechyo makgi
- annun so dwit palkup tulgi
- annun so soopyong jirugi
- kyocha so palmok najunde ap makgi
- niunja so digutja japgi
- moa so sang palkup soopyong tulgi
- annun so dung joomuk yopdwi taerigi
- annun so sonkal dung najunde daebi makgi
- gunnun so doo bandalson nopunde makgi
- annun so sonbadak duro makgi
- annun so dung joomuk ap taerigi
- annun so gutja makgi
- kyocha so doo palmok nopunde makgi
- niunja so joongji joomuk kaunde jirugi
- annun so sonkal najunde daebi makgi
- najunde bituro chagi
- twimyo bituro chagi
- bakuro noollo chagi
- ibo omgyo didimyo dolgi
- jajun bal

2. Tul

- Kwang-gae
- Po-eun
- Ge-baek

3. Matsogi

- jayu matsogi
- dando matsogi
- hosin sul

B. Test for 2nd Dan

1. Tul

- Kwang-gae
- Po-eun
- Ge-baek

2. Matsogi

- jayu matsogi
- dando matsogi
- hosin sul

3. Tukgi

- twimyo nopi chagi
- twimyo dollyo chagi
- twimyo bandae dollyo chagi
- twio dolmyo yop chagi
- twio nomo yop chagi

4. Wiryok

- ap joomuk jirugi (men only)
- sonkal yop taerigi
- yopcha jirugi
- dollyo chagi
- bandae dollyo chagi (women - dolmyo yop chagi 180°)

2nd Dan (2 years)

A. Training

1. Gibon Yonsup

- moa so hanulson
- moa junbi sogi D
- guburyo junbi sogi B
- sasun sogi
- gunnun so sonkal najunde anuro makgi
- gunnun so kyocha joomuk naeryo makgi
- gunnun so sonkal chookyo makgi
- kyocha so dung joomuk nopunde yop taerigi
- gunnun so nopunde bandal jirugi
- narani so dollyo jirugi
- gunnun so sonkal kaunde hechyo makgi
- gunnun so sonkal dung dollimyo makgi
- dwitbal so euhkallin sonbadak naeryo makgi
- niunja so sonkal dung najunde anuro makgi
- niunja so sonkal najunde bandae makgi
- dwitbal so palmok kaunde daebi makgi
- annun so an palmok yobap makgi
- gunnun so doo songarak tulgi
- niunja so sonbadak duro makgi
- dwitbal so sang sonbadak noollo makgi
- gunnun so palmok nopunde ap makgi
- niunja so opun sonkut nopunde bandae tulgi
- gunnun so dwit palkup tulg
- niunja so sondung yop naeryo taerigi
- gunnun so dung joomuk yobap taerigi
- niunja so sonkal dung najunde daebi makgi
- gunnun so gutja makgi
- gunnun so sang sonkal soopyong taerigi
- gunnun so bandalson nopunde taerigi
- moa so sang inji joomuk nopunde bandal jirugi
- gunnun so pyun joomuk nopunde jirugi
- annun so an palmok narani makgi
- annun so sonbadak kaunde golcho makgi
- waebal so bakat palmok narani makgi
- kyocha so dung joomuk yop naeryo taerigi

- annun so opun sonkut bakuro ghutgi
- gunnun so nopun palkup taerigi
- kyocha so sonkal dung najunde ap makgi
- twio dolmyo sonkal yop taerigi
- dwitbal so sun palkup naeryo tulgi
- gunnun so bandalson nopunde bandal taerigi
- gunnun so sang sonkal nopunde anuro taerigi
- gunnun so naeryo jirugi
- niunja so palmok naeryo makgi
- sasun so sang sonbadak chookyo makgi
- dwitbal so yop palkup tulgi
- niunja so dung joomuk soopyong taerigi
- narani so opun sonkut anuro ghutgi
- twimyo yonsok jirugi (ap jirugi, dwijibo jirugi)
- gunnun so sonkal ap naeryo taerigi
- moorup apcha busigi
- golcho chagi
- gokwaeng-i chagi
- twimyo sangbang chagi (twimyo yop bituro chagi)

2. Tul

- Eui-am
- Choong-jang
- Juche

3. Matsogi

- jayu matsogi
- dando matsogi
- hosin sul

B. Test for 3rd Dan

1. Tul

- Eui-am
- Choong-jang
- Juche

2. Matsogi

- jayu matsogi

- dando matsogi
- hosin sul

3. Tukgi

- twimyo nopi chagi
- twimyo dollyo chagi
- twimyo bandae dollyo chagi
- twio dolmyo yop chagi
- twio nomo yop chagi

4. Wiryok

- ap joomuk jirugi (men only)
- sonkal anuro taerigi
- sonkal dung ap taerigi (men only)
- yopcha jirugi
- dollyo chagi
- bandae dollyo chagi (women - dolmyo yop chagi 180°)

3rd Dan (3 years)

A. Training

1. Gibon Yonsup

- gunnun so sonkal nopunde bandae yop makgi
- annun so sonkal dung kaunde hechyo makgi
- niunja so bakat palmok nopunde bakuro makgi
- niunja so doo joomuk najunde jirugi
- niunja so sonkal dung nopunde daebi makgi
- sasun so dwit palkup tulgi
- gunnun so palmok kaunde ap makgi
- annun so giokja jirugi
- gunnun so kyoche sonkal chookyo makgi
- niunja so sonkal dung nopunde bandae yop makgi
- gojung so digitja jirugi
- annun so bakat palmok nopunde bakuro makgi
- annun so palmok nopunde ap makgi
- annun so sondung soopyong taerigi
- soojik so yop joomuk yop naeryo taerigi
- dwitbal so joongji joomuk nopunde jirugi
- gunnun so sonkal san makgi
- narani so sonbadak kaunde golcho makgi
- kaunde bituro chagi
- suroh chagi
- doro chagi
- bandal chagi
- sambo omgyo didimyo dolgi

2. Tul

- Sam-il
- Yoo-sin
- Choi-yong

3. Matsogi

- jayu matsogi
- dando matsogi
- hosin sul

B. Test for 4th Dan

1. Tul

- Sam-il
- Yoo-sin
- Choi-yong

2. Matsogi

- jayu matsogi
- dando matsogi
- hosin sul

3. Tukgi

- twimyo biturochagi
- twimyo bandaedollyochagi
- twio dolmyochagi (360°)

4. Wiryok

- sonkaldung aptaerigi (men only)
- bandae dollyochagi (women - dolmyoyopchagi 180°)
- twio dolmyo chagi (180°)

5. Written Essay