



## 1st Grading 2024 Team Taekwondo Information Bulletin

Dear Valued Students and Families,

We have just over 4 weeks left for Term1 prior to the April Holidays. We are excited to finish term and year with a clear club goal Meditation Taekwondo Patterns. Starting 4th March all classes, we run will end with Taeguek 7 Pattern. In term 1 students and our club has been heavily focused on the Sports Stamina, endurance, and Taekwondo muscle development teachings. We were keen to dust off the feeling of online and at home and jump into Taekwondo teachings to help us re set for 2024. Hoping that our students of all ages are feeling great. Our class plans and now pivoting into Gradings (New Belt) and Building Confidence class plans.

We have set our all-**Little Dragons, White – Blue 3 Belts** Taekwondo Kids, Teens, and adults' term 1 gradings for Thursday 29th March 2024. This will enable improved breathing, focus, goal setting, and discipline routine and structure. Little Dragon will be circuit levels, White Belts will be basic techniques and Yellow 1 will be basic pattern. The Grading pattern for Yellow 2 onwards will be Taeguek 4 for all (Excluding Little Dragons, white, Yellow 1 and DAN gradings).

**Red, Cho Dan Bo + & Black Belt Belts** will be Friday 19th April 2024. Team Taekwondo HQ 128 Sussex Street Pascoe Vale. For all those senior belts requiring support we at Team Taekwondo run an additional class Saturday black belt preparation 1.15pm (free of charge). If you would like to jump in, please arrive to the club with your full dobok and belt and be ready to focus and best prepare for your gradings. In addition, during the holidays we will be releasing a school holiday leader grading practise schedule to best prepare our senior belts Red +. This schedule will be released shortly so keep an eye on the social media and Audiri app apps. No fee will be required as we will reward you for your years of loyalty.

Team Taekwondo details and registration process has been finalized.

Student grading dates will be as follows:

**1st Term Grading will be run on Thursday 29th March 2024.** *(due to Easter)*

All-Little Dragons, White – Blue 3 Belts Taekwondo Kids, Teens, and Adults

Location: Team Taekwondo HQ 128 Sussex Street Pascoe Vale Saturday

Exam Times: To be advised Monday 25<sup>th</sup> March 2024 placed on Audiri app.

Grading Assessment Registration Due [No Extensions Granted] 23rd March 2024

There will be a \$20.00 late fee for all registrations submitted after this date.

In Class Pre-Assessment Week will start 25th March

(All Week Students must wear full uniform)

**School Holidays** 29 March 2024 to 14 April 2024

**Red 1 – Black Belt Gradings will be Friday 19<sup>th</sup> April 2024.**



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### All Belts and Level

Registration Process via <http://internetentries.com/teamgradings/>

Schedule 1 - 2024 Pricing Chart (Including Exam, Certificate, Belt, and Report)

Schedule 2 – At-home practicing PATTERN aid for students and links.

\*Under construction on our web and till then please use the chart below.

\*Videos will be placed on Team Taekwondo private page

<https://www.facebook.com/groups/684515365220125>

### Online

Step 1 <http://internetentries.com/teamgradings/>

Step 2 – Click Register for Event

Step 3 – Grading's Team Taekwondo

Handy Tips: Upload your photo so we can personalize your grading. Payment is accepted via Paypal or credit card only via <http://internetentries.com/register>. If you need help visit our friendly office staff for assistance.

If you have any issues, please email us [coach@teamtaekwondo.com.au](mailto:coach@teamtaekwondo.com.au) and allow us the opportunity to assist.

Kind regards

Master Murat Eryurek



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# Schedule 1

All gradings include new belts, results, and Australian Taekwondo Certificates.  
Please register as requested timelines as we hate to disappoint.

If you are currently	Then the fee is ...
Little Dragon – Yellow 3	\$80
Blue 1 – Blue 3	\$85
Red 1 - Red 3	\$105
Cho Dan Bo	\$115
Cho Dan Bo	\$115
<b>Going For Black Belts</b>	<b>Please Allow 3 Months for Diplomas to Arrive</b>
Cho Dan Bo     going for Black. Inc New Belt, Uniform embroidered	\$195 + \$250 (Kukkiwon)
1 <sup>st</sup> Dan going for 2 <sup>nd</sup> Dan. Inc New Belt, Uniform embroidered	\$295 + \$270 (Kukkiwon)
2 <sup>nd</sup> Dan going for 3 <sup>rd</sup> Dan. Inc New Belt, Uniform embroidered	\$350 + \$360 (Kukkiwon)



## 1st Grading 2024 Team Taekwondo Information Bulletin

# Schedule 2

What Belt Are You Today	Pattern Name	Link
<b>Little Dragon</b>	No Pattern	Circuit and Bais technique
<b>White Belt</b>	No Pattern	Basic Technique
<b>Yellow 1</b>	Basic Pattern - White Belt	Basic Pattern - White Belt
<b>Yellow 2 – Blue 3</b>	Sah-Jang (Poomsea Taegeuk) Technical	<a href="https://youtu.be/xn9nYl44feY?si=fvVY42x2-1ByWCyq">https://youtu.be/xn9nYl44feY?si=fvVY42x2-1ByWCyq</a>
<b>Cho Dan Bo 1</b>	1. Il-Jang (Poomsae Taegeuk) Technical 2. Ih-Jang (Poomsae Taegeuk) Technical 3. Sam-Jang (Poomsae Taegeuk) Technical	<a href="https://youtu.be/u79bgM5YDoE">https://youtu.be/u79bgM5YDoE</a> <a href="https://youtu.be/jxdynuFcgXU">https://youtu.be/jxdynuFcgXU</a> <a href="https://youtu.be/bHQuAaRfdzE">https://youtu.be/bHQuAaRfdzE</a>
<b>Cho Dan Bo 2</b>	1. Il-Jang (Poomsae Taegeuk) Technical 2. Ih-Jang (Poomsae Taegeuk) Technical 3. Sam-Jang (Poomsae Taegeuk) Technical 4. Sah-Jang (Poomsea Taegeuk) Technical 5. Oh-Jang (Poomsea Taegeuk) Technical 6. Yook-Jang (Poomsea Taegeuk) Technical	<a href="https://youtu.be/u79bgM5YDoE">https://youtu.be/u79bgM5YDoE</a> <a href="https://youtu.be/jxdynuFcgXU">https://youtu.be/jxdynuFcgXU</a> <a href="https://youtu.be/bHQuAaRfdzE">https://youtu.be/bHQuAaRfdzE</a> <a href="https://youtu.be/bHQuAaRfdzE">https://youtu.be/bHQuAaRfdzE</a> <a href="https://youtu.be/xn9nYl44feY">https://youtu.be/xn9nYl44feY</a> <a href="https://youtu.be/oz9UBr6c1j8">https://youtu.be/oz9UBr6c1j8</a>
<b>Cho Dan Bo 3</b>	1. Il-Jang (Poomsae Taegeuk) Technical 2. Ih-Jang (Poomsae Taegeuk) Technical 3. Sam-Jang (Poomsae Taegeuk) Technical 4. Sah-Jang (Poomsea Taegeuk) Technical 5. Oh-Jang (Poomsea Taegeuk) Technical 6. Yook-Jang (Poomsea Taegeuk) Technical 7. Chil-Jang (Poomsea Taegeuk) Technical 8. Pal-Jang (Poomsea Taegeuk) Technical	<a href="https://youtu.be/u79bgM5YDoE">https://youtu.be/u79bgM5YDoE</a> <a href="https://youtu.be/jxdynuFcgXU">https://youtu.be/jxdynuFcgXU</a> <a href="https://youtu.be/bHQuAaRfdzE">https://youtu.be/bHQuAaRfdzE</a> <a href="https://youtu.be/xn9nYl44feY">https://youtu.be/xn9nYl44feY</a> <a href="https://youtu.be/oz9UBr6c1j8">https://youtu.be/oz9UBr6c1j8</a> <a href="https://youtu.be/IB7vZu5DJYc">https://youtu.be/IB7vZu5DJYc</a> <a href="https://youtu.be/Gdjj--W0ybc">https://youtu.be/Gdjj--W0ybc</a> <a href="https://youtu.be/hxdSXRg3ML8">https://youtu.be/hxdSXRg3ML8</a>

### Grading Format

Team Taekwondo grading syllabus is based on 1 Pattern per term for all students grading all (Excluding white belts and DAN gradings). This will improve coaching and learning via this style as all practitioners will work with one Taeguek pattern. Once they arrive at Cho Dan Bo the student would have conquered all 8 patterns. In simple terms e.g., you will start your Taekwondo journey with Taeguek 3 and finalise your pooms with Taeguek 2. This enables the coaches and students to synchronise and focus on one set goal per term. Finally, once you arrive at Cho Dan Bo your ability to demonstrate all patterns will be achieved as below. This terms pattern is Sah-Jang (Poomsea Taegeuk) Technical and please start practising at home via <https://youtu.be/xn9nYl44feY?si=fvVY42x2-1ByWCyq>

### Extra Classes

For all those senior belts requiring support we at Team Taekwondo run an additional class Saturday black belt preparation 1.15pm (free of charge). If you would like to jump in, please arrive to the club with your full dobok and belt and be ready to focus and best prepare for your gradings.

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If you have not, please jump online and request permission.

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