



**Six-Month Certificate Course in 'Taekwondo' (theory and practice)**  
**Offered by**  
**Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI)**  
**(Deemed to be University as declared by Govt. of India under UGC Act, 1956)**  
**P.O. Belur Math, Dist. Howrah 711202, West Bengal**



**In collaboration with**  
**Roy's Taekwondo Academy (RTA), Kolkata**

**Under the UGC's Scheme of 'Short-term Skill Development Courses in**  
**Higher Educational Institutes' (suitably adapted)**

Practicing Taekwondo enriches the mind, body, and soul. The ultimate goal is to develop individuals who are mentally strong, self-confident, and unshaken by external influences. A true Taekwondo practitioner strives for honesty, respects elders, listens to their master, and always gives their best effort. Learning Taekwondo enhances skills, promotes a healthy lifestyle, encourages socialization, and fosters human development through education.

### **Benefits of Taekwondo:**

1. **Health:** Improves skills, promotes fitness, and aids in disease prevention.
2. **Socialization:** Develops manners, confidence, leadership, and interpersonal skills.
3. **Holistic Education:** Encourages a well-balanced and fulfilling life.

### **The Taekwondo Unit:**

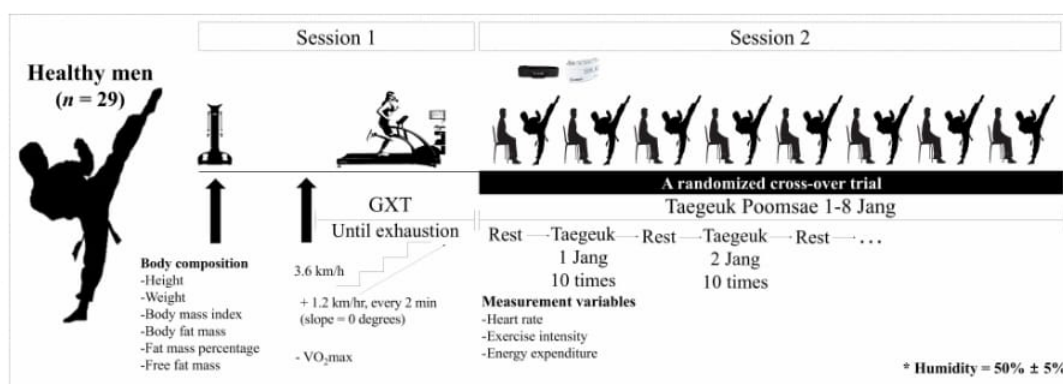
The Taekwondo Unit prepares students for professional careers in Taekwondo by teaching both theoretical and practical aspects of the discipline. It aims to develop students' techniques, attitudes, responsibilities, and ethical values. The Taekwondo major provides opportunities to enhance talents, creativity, and skills while allowing in-depth study of Taekwondo. Students also gain hands-on experience through fieldwork with Taekwondo professionals, community projects, or established institutions, equipping them for careers in Taekwondo or related fields.

### **The Taekwondo Oath**

I shall observe the tenets of Taekwondo  
I shall respect my instructors and seniors  
I will never misuse Taekwondo  
I will be a champion of justice and freedom  
I shall build a more peaceful world

### **The Tenets of Taekwondo**

Courtesy  
Integrity  
Perseverance  
Self-control  
Indomitable Spirit



**Taekwondo is evolving not only as a popular Official Olympic Sport & Traditional Korean Martial Art but also as a cultural industry and lifestyle sport practiced in 213 countries, plus one representing refugees (United Nations initiative).** Taekwondo is a combat sport involving punching and kicking techniques. The word "Taekwondo" can be translated as **tae** ("strike with foot"), **kwon** ("strike with hand"), and **do** ("the art or way").

## **What do you study?**

Introduction to TKD, Poomsae Theory & Practice (Taegeuk 1–Taegeuk 5), Olympic Taekwondo Kyorugi Competition Theory & Practice (Basic), Defensive Tactics (Basic), Taekwondo Major Practice I-IV, Teaching Methods of Taekwondo, Taekwondo Dojang Rules, Taekwondo Gym Management, Exercise Behavior & Taekwondo Mentality, and Demonstration Theory. Basic Movement, Special Movements, Taekwondo Meditation & Breathing Exercises (Basic), Relation between Health & Taekwondo, WADA Rules, and Taekwondo Competition Rules & Referee Methods.

## **Course Descriptions**

### **Introduction to Taekwondo:**

This course covers fundamental skills, competition, and management methods, Poomsae, teaching techniques, and refereeing. It also introduces essential theories related to Taekwondo.

### **Taekwondo Major Practice:**

This course develops Taekwondo skills and spirit to create a true practitioner. New students practice basic movements and Poomsae, while intermediate students focus on kicking, punching, and blocking. The course also introduces point-scoring strategies and tactical opportunities. Senior students advance to combination kicks, skill development, gap management, footwork training, timing, defensive tactics, and breathing exercises.

### **Poomsae:**

Covers fundamental stances, blocking, and punching—focusing on beginner and intermediate forms (Taegeuk 1–Taegeuk 5)—while examining the theories behind Poomsae.

### **Competition Theory of Taekwondo:**

This course explores competition strategies, including physical and technical knowledge. It also covers special tactics for scoring points, such as stepping, blocking, timing, gap management, and footwork, while enhancing students' theoretical understanding and competitive abilities.

### **Taekwondo Gym Management:**

Studies fundamental management concepts and leadership theories related to running a Taekwondo gym.

### **Teaching Methods for Taekwondo:**

Covers the qualities and responsibilities of instructors, as well as effective training methods for practitioners.

**Demonstration Theory of Taekwondo:**

Prepares students for demonstrations, including basic kicking, Poomsae, competition techniques, breaking, self-defense, and organizing performances. It also covers the theoretical aspects of Taekwondo demonstrations.

**Competition Rules & Referee Methods:**

Provides practical training in competition rules and referee hand signals.

**Exercise Behavior & Taekwondo Mentality:**

Helps students develop a stable mindset for tournaments and adopt positive lifestyle habits by understanding psychological factors and the impact of Taekwondo on physical growth.

**What are the benefits of Taekwondo Meditation & Breathing Exercises?**

Taekwondo Meditation & Breathing Exercises reduce stress and anxiety. Proper abdominal breathing control is one of the most important skills in Taekwondo. Correct breathing maximizes internal energy flow, relaxes the body, and enables maximum speed and power in strikes.

**Relation between Health & Taekwondo**

Taekwondo is an excellent way to improve physical fitness, helping to develop strength, flexibility, balance, coordination, and cardiovascular endurance.

**TRAINING PERIODS:** There is a minimum training period requirement between gradings. Minimum training is classed as attending training sessions twice per week. Students must check with their Instructor before applying to grade.

10 Gup	Novice
9 Gup & 8 Gup	1 Month
7 Gup & 6 Gup	1 Month
5 Gup & 4 Gup	4 Months
Attendance	Min. 80%
Attitude	Respectful

**Guidance:**

In order to appreciate the principles upon which this syllabus is based, we set out advice (below) on how to train and assess students of different levels.

Students Level	Grade	Explanation
Novice	10 <sup>th</sup> –7 <sup>th</sup> Gup	Novices attempt to understand and emulate the instructor's skills. They usually need clear and step-by-step guidance. Techniques are generally performed deliberately, mechanically and with conscious thought. Skills are generally rudimentary and errors may be frequent.

Intermediate	6th-3rd Gup	Intermediate students are learning to acquire new skills more rapidly and with less conscious effort. Errors become less frequent but physical abilities are still a limiting factor in both acquisition and practice of skills.
Advance	4 Gup	Advanced students perform techniques more easily and become less dependent on repetitive or detailed explanations from the instructor.  New techniques become easier to acquire and will eventually become automatic reflexes. Existing techniques become increasingly well-performed, with greater power, accuracy and speed.



You may be aware that KUKKIWON is the supreme executive organ to exercise its exclusive rights over Dan Promotion Tests of Olympic Taekwondo, e.g. approval of Promotion Test, Test Performance, Supervision of Promotion Test including screening of Dan applications, Certificates and sanctions of Dan certificates. KUKKIWON Black Belt is the minimum qualification to participate in Olympics, Asian Games, World Championship or any WT approved International Taekwondo tournaments.

#### Information:

Practitioners	Course Tips	Guidelines of Promotion
Age: 17+ and above Male & Female	<ul style="list-style-type: none"> <li>• It serves as a healthy stress outlet and introduces physical activity for a balanced lifestyle.</li> <li>• Taekwondo promotes a positive lifestyle, enhancing self-image, physical fitness, mental composure, and self-defense skills.</li> <li>• It serves as a healthy stress outlet and introduces physical activity for a balanced lifestyle.</li> <li>• Health and well-being become key motivators, with training adapted to each student's background and abilities.</li> <li>• Taekwondo enables high-level performance at any age, with expectations adjusted to individual capacity.</li> </ul>	<ul style="list-style-type: none"> <li>• Students should understand Taekwondo principles and techniques, with self-motivation to improve. Emphasis should be on value education, fitness, speed, accuracy, power, confidence, focus, and mental composure.</li> <li>• Practical understanding of Taekwondo techniques is key. While flexibility may impact performance, value education, speed, accuracy, and power are essential attributes.</li> <li>• Lifestyle improvements influence progress and promotion. Flexibility and fitness affect performance, while speed and power may be less critical. Accuracy remains important, along with an understanding of technique application. Caution is necessary for certain students.</li> <li>• Performance expectations should align with individual capabilities, allowing adequate recovery and ensuring careful supervision.</li> </ul>

## **Why Poomsae in Taekwondo Are Vital: Discipline of the Body and Mind: Using Taekwondo Poomsae as Moving Meditation**

Poomsae are truly a way of understanding and practicing every aspect of your martial art; basic technique, breathing control, balance, co-ordination and concentration. The mind and body can work together in striving for perfection of technique that can never be achieved. Taekwondo is meaningless without Poomsae.

The power of breath is no different in martial arts like Taekwondo. A student shouldn't just walk through a form like a robot, which results in no variation in timing or any realistic impact behind the movements. There is a natural rhythm to forms that can best be controlled with the breath.

We martial artists use our breath to quiet our nerves, steady our movement, and maintain our endurance.

Forms can be used as a spiritual practice and a means of gaining wisdom. According to Dr. Kyu Hyung Lee and Dr. Sang H. Kim in their book Complete Taekwondo Poomsae, Taekwondo not only includes self-defense and physical discipline, but it also provides a "philosophical understanding of the relationships between you and your opponent, you and your surroundings, your body and mind, your mind and the universe, winning and losing, fear and joy, and ultimately life and death."

### **"TAEKWONDO TRAINING PROGRAMME CONTENTS":**

#### **1. 10<sup>th</sup> ~ 7<sup>th</sup> Gup:**

- Basic Posture of Taekwondo
- Taekwondo Etiquette
- Taekwondo Tenets (Taekwondo teaches courtesy & civility: Training leading to a Way of Life)
- Taekwondo Oath (Taekwondo is Excellent for Building Character)
- Self Defence
- Taekwondo First Aid
- Self-Mind Control
- Violence Prevention Programme
- Leadership Practice Game
- Idea training
- Sports Science & Taekwondo
- Poomsae

#### **2. 6<sup>th</sup> ~ 4<sup>th</sup> Gup:**

- Advance Posture of Taekwondo
- Taekwondo Etiquette
- Advance Self-Mind Control & Defensive Tactics Science
- Violence Prevention Programme
- Poomsae
- Stances
- Taekwondo Balance
- Rhythmic Movements
- Taekwondo Healing
- Sports Science & Taekwondo
- Poomsae
- Kyokpa for Focus & Confidence

### **Taekwondo Benefits:**

Enhance self-esteem by heightening your physical and mental powers. Build confidence by encouraging you to succeed and to take control of your life. Develop discipline by thoroughly training your body and mind in the tenets and techniques of Taekwondo.

Taekwondo education is very important for today's life. Respect, trust and open communication are the foundations of strong families. Taekwondo training promotes values such as honesty, courtesy, loyalty, and cooperation. Each is an essential component in maintaining a good family structure.

"Taekwondo teaches self-control and harmony. Taekwondo is excellent for building character. Taekwondo exercise leads to de-stressing, detoxing, healthy body, healthy mind. Taekwondo teaches courtesy & civility."

----- Collected from research papers of Prof. Peck Cho (Distinguished Professor of Dongguk University and Co-Director of HD Institute of Happiness) and Prof. Josephine M. Kim (Harvard Graduate School of Education).

View of Dr. Ki Moore, Division Director and Professor in the University of Arizona College of Nursing: Benefits of practicing taekwondo include increased self-control, discipline, flexibility, balance, coordination, strength and stamina.

Besides that, United Nations (UN) is working with World Taekwondo Federation (WTF) for ushering in PEACE in the World through the Art of Taekwondo.

**PREPARED BY:**



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