

# INDHOLD International Taekwondo Master Course (1st, 2nd, 3rd class)

## 1. PURPOSE

Its ultimate object is to enhance the instructor's qualification through disseminating the accurate and standard curriculum of Taekwondo worldwide, and to consolidate the statue of Kukkiwon and contribute to expanding global Taekwondo by unifying Taekwondo skills and techniques.

## 2. GENERAL INFORMATION

- **1) The overview of International Taekwondo Master Course** (1st, 2nd, 3rd class)

- **2) Purpose :**

To contribute not only to Taekwondo skills innovation, but also to student health and the development of physical education by improving the quality of Taekwondo coaches and nurturing their leadership.

- **3) Policies :**

- Nurture proper practical competency as a Taekwondo coach
- Motivate a sense of vocation and improve quality as a Taekwondo coach

- **4) Course period :**

4 days 40 hours (10 hours per day)

- **5) Main Target :**

This program is designed for competent and promising Taekwondo Instructor or Master world-wide, as well as Taekwondo administrators who are interested in promoting and improving Taekwondo in their countries.

- **6) Curriculum :**

The International Taekwondo Master Course is a 40 hours program that embraces a wide range of topics, composed of 4 themes: Taekwondo Theories (History, Coaching), Taekwondo Practical training (Poomsae, Gyeorugi), Techniques training (Self-defence) and Special lectures (Taekwondo Grand Master).

<b>Theme 1 Taekwondo Theory (6 hours)</b>	<ul style="list-style-type: none"><li>• Taekwondo Instruction studying</li><li>• Taekwondo courtesy (2 hours)</li><li>• Taekwondo Spirit and History (2 hours)</li><li>• Rules and regulations of Promotion Test (2 hours)</li></ul>
<b>Theme 2 Taekwondo Practical (24 hours)</b>	<ul style="list-style-type: none"><li>• Color belt Poomsae (8 hours)</li><li>• Black belt Poomsae (8 hours)</li><li>• Gyeorugi (8 hours)</li></ul>

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<b>Theme 3 Special lecture (6 hours)</b>	<ul style="list-style-type: none"><li>· Terminology and Basic technique (4 hours)</li><li>· Taekwondo demonstration and breaking (2 hours)</li></ul>
<b>Theme 4 Special lecture (4 hours)</b>	<ul style="list-style-type: none"><li>· The qualification Taekwondo instructor (2 hours)</li><li>· Taekwondo cultural values (2 hours)</li></ul>

### 3. QUALIFICATION FOR PARTICIPANTS

#### Graduation Course (License)

##### 1) 1st class Course

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Holder of the Kukkiwon 8th Dan with 2nd class Instructor's Certificate or, holder of the Kukkiwon 9th Dan with Instructor's Certificate (before the issuance of 1996)

##### 2) 2nd class Course

- Holder of the Kukkiwon 6th Dan with 3rd class Instructor's Certificate

##### 3) 3rd class Course

- Holder of the Kukkiwon 4th Dan (Prior to birth of Dec 31, 1998)

##### 4) Re-examination Course

- Disqualified participant who have completed the regular course (1st~3rd class) Class

#### Completion Course (Non-license)

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Holder of the Kukkiwon 2nd or 3rd Dan (Prior to birth of Dec 31, 1998)

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Those who finish the completion course shall be qualified with the Kukkiwon Instructor's Certificate after promoting the Kukkiwon 4th Dan by submitting required document such as additional fee and application to WTA.