

Traditional TKD

Taekwondo is a Martial Art originating from Korea.

'Tae' meaning to kick/destroy with the foot

'Kwon' meaning to punch/destroy with the fist

'Do' meaning art, way or discipline

Therefore 'Taekwondo' is loosely translated as 'The way of foot and fist'.

In the traditional aspect of Taekwondo, one will not only learn a variety of blocks, kicks and punches, but will also learn how to strengthen oneself mentally in order to find inner peace. Taekwondo promotes strength, fitness, flexibility, stress relief and self-control.

The student will learn various ways of striking and blocking with the built in weapons of the body. In general, such strikes and blocks include using the fists, open hands, elbows, forearms, feet, shins, and knees. Blocks and strikes also cover a range of basic angles that one must understand as a Martial Artist.

There are a variety of stances used in the traditional aspect of Taekwondo. Not only will a student learn effective power delivery through correct body positioning (or body mechanics) but will also gain a better understanding of correct body posture and balance. Through the stances and forms of Taekwondo, the student will develop 'core muscles' essential to healthy posture and will act as a preventative measure to many modern day injuries. One will also learn essential footwork, positioning the body to strike whilst being mobile or dodging, an aspect quite unique to the Art of Taekwondo.

The basic Blocks, Strikes and Footwork learnt in the traditional aspect of Taekwondo form the base of the other areas of Taekwondo at Irontiger. For self-defence, the basic blocks and strikes are applied to an 'uncooperative' opponent in a variety of 'conflict situations' (see the Reality Based page for more information). For competition, the basic strikes are applied to the rules of sports Taekwondo (see the Sports Taekwondo page).

As the student progresses in the traditional aspect, the student will dive deeper into the 'Art', learning more about the philosophy of Taekwondo.

'Poomsae' (or commonly also known as patterns) are more than just a set of movements. The Taegeuk forms are the Poomsae studied at Irontiger. 'Taegeuk' is harmony created by a balance between two opposite forces. There are 8 Taegeuk forms in total, each form with its own meaning (see Poomsae page in the members section). Poomsae is used as a means of self progression, not only through the progression of physical techniques but also in the progression of character and understanding of Taekwondo.

At Irontiger...student gradings are held every 3 months. This allows enough time for students to learn new moves and techniques and to improve and build on the moves and techniques they have already developed through each belt level. We believe students should grade when they are ready and when they feel they have developed the skills to reach the next level. Each grading has a panel of 3 highly qualified instructors who mark the students. Gradings are very efficient

and we are mindful that weekends are important for everyone. At Irontiger gradings we also have our own club photographer who attends to capture those precious moments, just for you!

Belt Grades.....colour belts to black belts and beyond!

Belts are graded according to Taekwondo Australia Inc guidelines – these guidelines can be found in your Taekwondo Australia Inc Grading Book - each white/black/gold stripe on the belt represents another level achieved as follows:

Black Belts then continue onto – 4th Dan 5th Dan, 6th Dan, 7th Dan, 8th Dan and 10th Dan being the highest.

Time and Age Limits for Gradings - Black Belts Only

Poom/Dan
Minimum Required Time
Dan Age Limit
Poom Age

1st Poom

1st to 2nd Poom

2nd to 3rd Poom

3rd to 4th Poom

N/A

1 yrs

2 yrs

3 yrs

N/A

N/A

N/A

N/A

Less than 15yrs

Less than 15yrs

Less than 15yrs

Less than 15yrs

1st Dan

1st to 2nd Dan

2nd to 3rd Dan

3rd to 4th Dan

4th to 5th Dan

5th to 6th Dan

6th to 7th Dan

7th to 8th Dan

8th to 9th Dan

9th to 10th Dan

N/A

1 yrs

2 yrs

3 yrs

4 yrs

5 yrs

6 yrs

8 yrs

9 yrs

N/A

15yrs & over

16yrs & over

18yrs & over

21yrs & over

25yrs & over

30yrs & over

36yrs & over

44yrs & over

53yrs & over

60yrs & over

N/A

N/A

N/A

N/A

N/A

N/A

N/A

N/A

N/A

N/A

