



Six-month Advanced Certificate Course in Taekwondo as a 'skill development course' in compliance with the UGC

Practice of Taekwondo fills the mind, the body and soul. The ultimate goal of Taekwondo is to make the trainee become a strong person, a person who do not get shaken by others easily and lives with great self-confidence; a person who tries his/her best and always tries to be honest, respect elderly people & listens to his/her master. Learning Taekwondo is improvement of the skill, living sports (Health, Socialization) & transmission of the direction towards the education for human being.

Effects of Taekwondo:

1. Health: Improvement of the skills, Fitness promotion & the ability to control diseases etc...
2. Socialization: Manners, Confidence, Skill of meeting & Leadership etc...
3. Holistic Education: Ability to lead a happy life.

The Unit of Taekwondo is to prepare students for professional career in Taekwondo (TKD), to teach theory and practice of Taekwondo. The Taekwondo Unit attempts to develop the students' techniques, personal attitudes, responsibilities, and ethical standards. The Taekwondo major gives students the opportunity to develop their talents, creativity, and skills, study Taekwondo in depth, and prepare for a career in TKD or a related field. Fieldwork provides students with the opportunity to work closely with a Taekwondo professional, community project, or established Taekwondo institution.

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 popularized in 213 countries + 1 stands for 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").

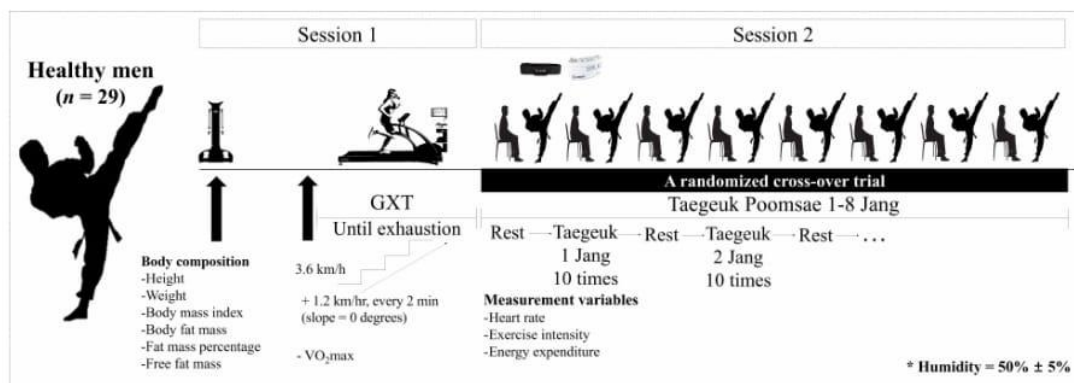


FIG. 1. Study design. VO₂max, maximal oxygen uptake.

What do you study?

Taekwondo Philosophy, Poomsae theory & Practical (Taegeuk 3 Jang ~ Taegeuk 5 Jang / Taegeuk 6 Jang ~ KEUMGANG), Olympic Taekwondo Kyorugi Competition Theory & Practical (Advance), Defensive Tactics (Advance), Taekwondo Major Practice. Teaching methods of Taekwondo, Taekwondo Dojang Rules, Taekwondo Gym Management, Exercise behavior and Taekwondo Mentality, and Breaking theory. Advance movement, Taekwondo Meditation & Beathing Exercises (Advance), Relation between Health & Taekwondo, Taekwondo Tabata, and Taekwondo competition rules.

Course Descriptions:

This course is designated to deal with basic skills, competition, and management methods, Poomsae, teaching methods, and referee. And also, this course is dealt with basic theories in relation general.

Taekwondo's philosophy centers on developing character and achieving harmony, guided by five core tenets

Taekwondo Major Practice:

This course is designated to practice Taekwondo skills and spirit to be a true practitioner. For the new students, this course is provided to practice basic movements and Poomsae. This course is practiced intermediate skills including kicking, punching, and blocking. This course is designate to practice basic skills including making points, taking chances. Finally, for the senior, the course is provided advance tactics including combination kick, skills, Gap Management and footwork training, timing, Advance Defensive Tactics Science and advance Breathing Exercise & Meditation etc...

Poomsae: Practice of Basic stances, blocking, and punching - among the beginner and intermediate Poomsae of Taekwondo (Taegeuk 3 Jang ~ Taegeuk 5 Jang / Taegeuk 6 Jang ~ KEUMGANG), and also, examine theories of all Poomsae.

Advance Competition Theory of Taekwondo: This course is dealing with competition theories including physically, and technical knowledge. this course also includes special tactics to make point during the competition such as stepping, blocking, taking chance, gap management, footwork and timing. This course also tries to develop theories and students' achievement abilities.

Taekwondo Special Movements: This course is designated to practice high level of Taekwondo skills and movements. This course also tries to develop theories and students' achievement abilities.

Taekwondo Gym Management: This course is designated to study and research the basic concepts of management theories and techniques which related with Taekwondo gym. This course is also dealing with leadership theories and the types of leaders.

Teaching Methods for Taekwondo: This course is designated to deal with qualities of a good Instructor, roles of an Instructor, and how to training for Taekwondo practitioners.

Demonstration Theory of Taekwondo: This course is designated to prepare needed student's abilities for demonstration (advance kicking and Poomsae, competition, breaking, self-defense, organizing program) and identify the theories of Taekwondo demonstration.

Competition Rules and Referee Methods: This course is designated to practice needed competition rules and hand signals during the competition.

Exercise behavior and Taekwondo Mentality: This course is designated to have stabilize mind during the tournament and have amicable life habits by understanding the psychological factors and changes in physical growth during Taekwondo activities.

Teaching Methods for Taekwondo Competition: This course is designated to deal with qualities of a good coach, roles of a head coach, and how to training for Taekwondo players.

What are the benefits of Taekwondo Meditation & Beathing Exercises?

Taekwondo Meditation & Beathing Exercises reduce stress and anxiety. Correct abdominal breathing control is the most important thing you can learn in Taekwondo. By breathing correctly, it not only manages to maximise your internal energy flow but it relaxes the body so that maximum speed and power can be delivered into the strike.

Relation between Health & Taekwondo

Taekwondo is an excellent way to improve your physical fitness. It can help you build strength, flexibility, balance, coordination, and cardiovascular endurance.

TRAINING PERIODS:

Minimum training requirement: Participants must attend training sessions twice per week

Attendance	Min. 80%
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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			Explanation
6-month Certificate Course in Taekwondo from any recognized University / SAI			Taegeuk 3 Jang ~ Taegeuk 5 Jang 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.
Instructors & Coaches with minimum 3 Dan, Kukkiwon 10+2 (Higher Secondary) or equivalent			Taegeuk 6 Jang ~ KEUMGANG 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			Students can learn advanced Taekwondo techniques, high-level poomsae, sparring strategies, scientific training methods, coaching pedagogy, refereeing principles, sports psychology, injury prevention, and Taekwondo philosophy.



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"> Encouraging taekwondo as a positive life-style choice. Developing positive self-image, improving physical fitness & mental composure and providing self-defense skills. Taekwondo as a positive release from the stresses of everyday life and as a means of increasing diversity in the student's lifestyle through healthy physical activity. Health and well-being start to become key motivators. The teacher's understanding of the student's history (life-style) must guide physical expectations. 	<ul style="list-style-type: none"> Students should be capable of understanding the principles and practice of taekwondo techniques and should have self-motivation to improve performance. There should be more emphasis on Value Education, physical fitness, speed, accuracy, power, Self Confidence, Focus & mental composure. Greater practical understanding of the principles of taekwondo techniques. Flexibility may affect performance although Value Education, speed, accuracy and power are key attributes. Lifestyle improvements can play a part in the student's progression and promotion. Flexibility and fitness will affect performance. Speed and power will have less significance, although accuracy will remain important. Understanding of the fundamental practical application and principles of techniques are expected. Caution must be exercised in the case of some students.
	Health and well-being are of primary importance. The teacher's understanding of the student's history (previous sports or life-style) must guide physical expectations. Taekwondo is one of the few activities that people can perform to a high standard at an advanced age. However, expectations of physical performance should be specifically adapted to age and ability.	Expectation of performance should be adapted according to the student's physical capabilities. Allow appropriate recovery time between the various activities. Great care should be taken.

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

Poomsae are the foundational essence of Taekwondo, representing a harmonious integration of **physical movement, mental focus, breathing, and ethical discipline**. Far beyond a sequence of techniques, poomsae function as a **moving meditation**, training practitioners to synchronize body and mind in a continuous flow of awareness.

Discipline of the Body

Through structured and repetitive movements, poomsae develop:

- Correct posture, balance, and coordination
- Strength, flexibility, and controlled power
- Precision of technique and body alignment
- Rhythm, timing, and spatial awareness

Each movement is performed with intentionality, encouraging practitioners to master their physical form with **calm control rather than brute force**.

Discipline of the Mind

Poomsae demand complete mental presence. Practitioners must:

- Maintain concentration and situational awareness
- Control emotions and eliminate distraction
- Cultivate patience, perseverance, and resilience
- Develop confidence through inner stability

This mental discipline transforms training into a meditative experience, where attention remains anchored to **breath, movement, and intention**.

Poomsae as Moving Meditation

Similar to traditional meditative practices, poomsae guide practitioners into a state of **active mindfulness**. The repetitive yet dynamic nature of the forms helps:

- Reduce stress and mental fatigue
- Enhance emotional balance and clarity
- Promote self-awareness and inner harmony

In this state, the practitioner does not merely perform techniques but **experiences unity between action and awareness**—a core principle of martial arts philosophy.

Ethical and Character Development

Rooted in Taekwondo philosophy, poomsae in still:

- Respect and humility
- Self-control and responsibility
- Moral courage and integrity

These values extend beyond the dojang, influencing daily life, academic pursuits, and social conduct.

Conclusion

Poomsae are vital to Taekwondo because they cultivate **discipline of the body and mind simultaneously**. As moving meditation, they transform physical practice into a lifelong journey of self-mastery, character building, and holistic development—perfectly aligning Taekwondo with education, well-being, and human development.

Taekwondo Benefits:

Key Benefits of the Course

1. Improves physical fitness, flexibility, endurance, and mental composure
2. Enhances self-discipline, focus, and emotional stability
3. Builds self-confidence, indomitable will-power, and leadership qualities
4. Develops effective self-defence skills for real-life safety
5. Encourages respect, ethics, and self-control
6. Supports stress management and overall mental well-being
7. Ideal for: Students | Sportspersons | Fitness Enthusiasts

PREPARED BY:



GRAND MASTER PRADIPTA KUMAR ROY

9 Dan Black Belt, WTO | 7 Dan Black Belt, KUKKIWON
Former India National Team Member | World Championship Competitor
Recipient, World Taekwondo Plaque of Appreciation (1st Indian Sports Personality)
Ex Consultant (Sports), Indian Statistical Institute, Government of India
Felicited by the Hon'ble Prime Minister of India (1st Indian Taekwondo Athlete)
International Champion (WTF Ranking Tournament)
International Master Instructor, KUKKIWON
World Taekwondo Licensed International Level 2 Coach
KUKKIWON Registered International Master (1st Indian)
Regular Member, KUKKIWON World Taekwondo Leaders Forum
WTO Hall of Honor Award Recipient (Pioneer)
Mother Teresa International Awardee (1st Indian Taekwondo Personality)
Keynote Speaker, 38th UN International Day of Peace, Gwangju, South Korea
Recipient, Special Recognition ~ KUKKIWON
Former Lecturer (UAC), Kolkata Police Training School
President Asia, WTO, USA ~ Organization of Pioneers
General Secretary, Taekwondo Association of West Bengal
General Secretary, Roy's Taekwondo Academy