

## Expected capabilities by level

<b>Level 1 Student Leader (Volunteer)</b>	<b>Level 2 Assistant Instructor (Free training + pay)</b>	<b>Level 3 Instructor (Free training + pay)</b>	<b>Level 4 Instructor (Free training + pay)</b>
Assist with holding targets	16 years old + What's in Level 1 plus	What's in Level 2 plus	What's in Level 3 plus
Assist with correcting individual techniques	Be able to lead warm up and cool down	Able to run a whole Belt Level Progression class alone from start to end  Lead a Fundamentals class with assistance from start to end	Run all types of classes effectively
Assist with showing the general poomsae sequence and shape from Taeguk 1-5	Able to show the general poomsae and shape for Taeguk 1-8	In depth understanding, ability to execute and teach poomsae up to keumgang. Poomsae comp prep + poomsae strength and conditioning	Poomsae up to Jitae  Chang Hon up to Ul Ji
Student Leaders will generally help during classes before/after their own class or if they attend 3+ classes a week they may also help peers during their belt level class	Able to identify which drills are relevant for Belt Level Progression classes	Assist students to understand the importance of moving with intent.  Create a training atmosphere and pace which encourages high intensity/energy kyorugi training	In depth understanding and analysis of current kyorugi techniques while still "keeping the game beautiful". Kyorugi comp prep + kyorugi strength and conditioning
	Able to execute and teach basic hoshinsul	Share general taekwondo and Chung Do Taekwondo history, theory concepts	Set the understanding within the student body that martial arts > sports
		Able to execute and teach hoshinsul	Understand different physical and mental load limitations of each age group. Demand/produce a high standard without causing burnout or injury
			Able to execute and teach hoshinsul and kyeokpa (both demo style and power breaking)

## Certifications by level

Level 1 Assistant	Level 2 Instructor	Level 3 Instructor	Level 4 Instructor
Ability to communicate clearly	What's in Level 1 plus	What's in Level 2 plus	What's in Level 3 plus
Be energetic even if you are dead on the inside	Working with children check (fees reimbursed)	Kyorugi and/or Poomsae referee course (fees reimbursed if you pass)	World Taekwondo Chungdokwan camp (self funded)  KKW Foreign instructor course (3 <sup>rd</sup> dan KKW and up) (self funded)
Red belt (maybe red tip) or above	Play by the rules:  <a href="https://www.playbytherules.net.au/online-courses/child-protection-and-safeguarding-course">https://www.playbytherules.net.au/online-courses/child-protection-and-safeguarding-course</a>	Play by the rules: <a href="https://www.playbytherules.net.au/online-courses/mpio-online-course">https://www.playbytherules.net.au/online-courses/mpio-online-course</a>  <a href="https://www.playbytherules.net.au/online-courses/complaint-handling-course">https://www.playbytherules.net.au/online-courses/complaint-handling-course</a>	Play by the rules:  <a href="https://www.playbytherules.net.au/online-courses/inclusive-coaching-course">https://www.playbytherules.net.au/online-courses/inclusive-coaching-course</a>  <a href="https://www.playbytherules.net.au/online-courses/creating-an-lgbti-inclusive-club">https://www.playbytherules.net.au/online-courses/creating-an-lgbti-inclusive-club</a>
Play by the rules: <a href="https://www.playbytherules.net.au/online-courses/harassment-and-discrimination-course">https://www.playbytherules.net.au/online-courses/harassment-and-discrimination-course</a>	Kyorugi and/or Poomsae coach course (fees reimbursed if you pass)	Attend instructor training	Attend instructor training
Attend instructor training	Attend instructor training	Level 3 and 4 instructors need to train minimum once per week	
Join 2+ classes a week for your own training	First aid certified (fees reimbursed if you pass)		
Clean the gear and dojang			